

The Miraculous Nature of Human Creation  
& Alternative Medicine (1)



*The Secrets of*  
**Ablution**

**Dr. Magda Amer**



**The miraculous nature of human creation and  
alternative medicine (1)**

# *The Secrets of Ablution*

*Dr. Magda Amer*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الإعجاز في خلق الإنسان والطب البديل (١)

# الجوارح وأسرار الوضوء

د/ ماجدة عامر

© All rights reserved. No part of this publication may be reproduced, stored in retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the author.

Author: **Magda Amer**

Prepared and translated by **Al-Falah Foundation** *for Translation, Publication & Distribution*

Al-Falah Director: **Muhammad Abdu**

*Published by:*

**Al-Falah Foundation for Translation, Publication & Distribution**

24 Al-Tayaran st., Nasr City, Cairo, Egypt.

Tel. & fax: (+2) 02-2622838

E-mail: [info@falahonline.com](mailto:info@falahonline.com)

Web site: [www.falahonline.com](http://www.falahonline.com)

I.S.B.N.: 977-5813-90-5

رقم الإيداع : ١٧٨٨٥ / ٢٠٠١

*In the Name of Allah, Most  
Gracious, Most Merciful*

﴿ They said, 'Glory to Thee:  
of knowledge we have none,  
save what Thou hast taught  
us: in truth it is Thou Who art  
perfect in knowledge and  
wisdom.' ﴾

(Al-Baqarah: 32)

﴿... But over all endued with  
knowledge is One, the All-  
Knowing.﴾

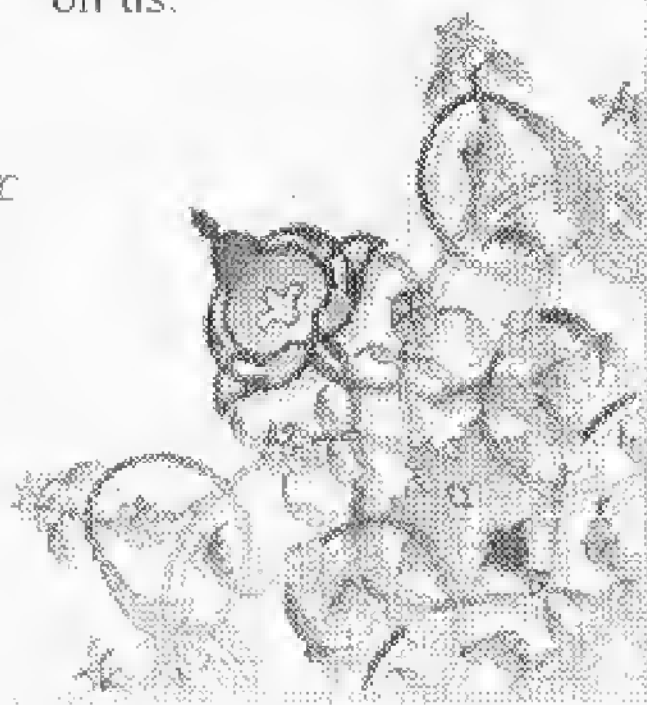
(Yusuf: 76)

# Dedication

I dedicate this humble effort to my grandfather Shaykh 'Abd ar-Rahman 'Ilsh, a prominent scholar of al-Azhar and his father Shaykh Muhammad 'Ilsh, Shaykh of the Maliki School of Fiqh at al-Azhar and his father the venerable Shaykh Mahmoud 'Ilsh.

May Allah have mercy on them and on us.

Magda Amer





## Publisher's Note

*‘We will show them Our Signs in the universe, and in their own selves, until it becomes manifest to them that this (the Qur'an) is the truth. Is it not sufficient in regard to your Lord that He is a Witness over all things?’*

For sure the Qur'an will remain a source of guidance concerning faith, laws (Shari'ah) and morality until the end of life. Among its aspects of guidance is that man reaches scientific facts that conforms to what the Qur'an conducted many centuries ago. Hence, the fact that was absent from the minds of many people; namely that the Qur'an is revealed by Allah Who is the Creator of the universe, has become clear. Thus, they should live in that universe according to the teachings revealed in the Qur'an by their Creator. Allah (Exalted be He) says about the Qur'an, *‘And with truth We have sent it down (i.e. the Qur'an), and with truth it has descended ...’*, and says about the universe, *‘Allah (Alone) created the heavens and the earth with truth ...’*

Surely scientific facts, when they come to light, coincide with the facts revealed through the Qur'an and so

'Signs' appear in the universe as Allah (Exalted and Glorified be He) has promised.

"The Miraculous Nature of Human Creation" is a study in alternative medicine proposed by Dr. Magda Amer to uncover the coincidence in presenting (scientific) facts in both human knowledge and Islamic teachings.

Al-Falah appreciates the efforts made by its team especially the translator *Yassir Sabri*. Thanks should also be extended to *Sami Ahmad* and *Ahmad M. Hasan* who revised this work. We are indebted to *Umm Fariq* and *Rima Yusuf* for their shrewd editorial advice.

Al-Falah Foundation would like to thank Dr. *Magda Amer* for giving us the chance to render this study to our dear readers, all over the world, supplicating Almighty Allah to make it of profit to Islam and Muslims. Finally, all praise and thanks are due to Allah, without Whose Help and Guidance nothing can be accomplished.

GENERAL DIRECTOR

Shaykh

*Muhammad Abdu*

## Contents

• Preface -----	1
• Introduction -----	3
• The merits of <i>Wudu'</i> (Ablution)-----	5
• Man and the Universe: A Common Language	10
• The Impact of <i>Wudu'</i> -----	12
• <i>Wudu'</i> and Reflexology -----	22
• How to Perform Ablution -----	31
• <i>Wudu'</i> and its Medical Affects -----	34
• Washing -----	64
• Conclusion -----	66



*In the Name of Allah, the Most Beneficent, the Most Merciful.*

## Preface

Islamic legislation is simply the commands and prohibitions of Almighty Allah, which are meant to fend off harm and bring benefit to His servants.

These commands and prohibitions are undoubtedly based on strong reasons. Sometimes Allah (Glorified and Exalted be He) reveals some of these reasons, and at others He does not. However, true worship means submission to Allah's edicts without seeking to know the reason.

Throughout time, science has revealed the significance of many Islamic practices and this serves to strengthen the faith of the Muslims. Allah, the Supreme Legislator, has provided us with knowledge of all aspects of life; including religion, science, history and so forth. The way that all useful knowledge is balanced in Islam enables the Muslims to be a unified whole seeking Allah's sustenance wisely as well as adhering firmly to the instructions of their religion. It is the Mercy and Favor of Allah that enabled me to disclose the relation between alternative medicine and various sciences of *Shari'ah*. In this regard, I explained the

miraculous nature of *Wudu*<sup>1</sup> which is a prerequisite for performing prayer and entering the gate of spiritual ascent. Through deep meditation and focusing on the Unity and Greatness of Allah, one seeks guidance and forgiveness from the All Merciful, the Knower of the Unseen, and through His Mercy one's spirit obtains serenity, one's heart finds calmness, and those who are true believers in Allah, receive more guidance.

I ask Allah that this book will be a source of guidance to all people; I implore Allah to make this humble effort beneficial to Islam, the Muslims, and myself. Verily He is the only One Who is able to grant such favors.

Magda Amer

---

<sup>1</sup> *Wudu* and ablution refer to the same act. They will be used interchangeably throughout the book.

## Introduction

All praise and thanks are due to Allah! It is He Who granted us the clear guidance of Islam and implanted its light in the hearts of His faithful servants. Peace and blessings be upon Prophet Muhammad, his companions and his household.

Allah told us that He created all things from water, and that man was created when Allah mixed water with dust, and mud was the result. In this regard Allah, the Almighty says,

(الأنعام: ٢)

﴿ هُوَ الَّذِي خَلَقَكُمْ مِنْ طِينٍ ... ﴾

﴿ He it is Who hath created you from mud ... ﴾

(Al-An'am: 2)

After a certain period of time the mud became clay; Allah says,

﴿ وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي خَالِقٌ بَشَرًا مِنْ صَلْصَالٍ مِنْ حَمَإٍ مَسْتَوٍ. ﴾  
(الحجر: ٢٨)

﴿ And (remember) when thy Lord said unto the angels: Lo! I am creating a mortal out of potter's clay of altered black smooth mud. ﴾

(Al-Hijr: 28)

After that Allah granted man his life and spirit. Allah, the Almighty says.

﴿فَإِذَا سَوَّيْتُهُ وَنَفَخْتُ فِيهِ مِنْ رُوحِي...﴾ (الحجر: ٢٩)

﴿When I have fashioned him (in due proportion)  
and breathed into him of My spirit, ...﴾

(Al-Hijr: 29)

Surely, no one witnessed the process of creation, however, we experience death. Being contrary to life, the process of death passes through the opposite stages of life. Man's spirit departs from his body, and as a result, the body becomes dry and empty. Then, the body becomes like potter's clay. Finally, the water evaporates and the body returns to its original form. Allah, the Almighty, says,

﴿... كَمَا بَدَأْنَا أَوَّلَ خَلْقٍ نُعِيدُهُ وَعِندَ عَلَيْنَا إِذَا نُفِثُ الْفَاعِلِينَ.﴾

(الأنبياء: ١٠٤)

﴿... As We began the first creation, We shall repeat it. (It is) a promise (binding) upon Us. Lo! We are to perform it.﴾

(Al-Anbiya': 104)<sup>1</sup>

That is why Allah has commanded us to cleanse ourselves with water when standing before His Presence and performing prayer; but when there is no water available, then a Muslim would resort to *Tayammum* (Dry Ablution).

---

<sup>1</sup> Ash-Sha'rawi, *Tafsir surat Al-A'ra'af - Al-Hijr - Al-Anbiya'*.



*Wudu'* in Arabic means enlightenment, clarity, cleanliness and for the person to be radiant<sup>1</sup>, whereas for jurists, *wudu'* is washing particular body parts<sup>2</sup>. Therefore, if *wudu'* was limited to cleanliness, Allah will not have ordained Tayammum (Dry Ablution).

---

<sup>1</sup> Al-Qamus al-Muhit, *Wudu'* entry.

<sup>2</sup> *Sharh Fat-h al-Qadir* 1/14, *Jawaher al-Ikleel* 1/14, *al-Umm* 1/49 and *al-Mughni* 1/110.



## The Merits of *Wudu'* (Ablution)

*Wudu'* has great spiritual and physical merits:

- *Wudu'* is a key to Paradise. The Prophet (Peace and blessings of Allah be upon him) said:

*“Whoever performs wudu’ perfectly from among you - and, after completing it says, ‘I testify that there is no God but Allah and I testify that Muhammad is His servant and His Messenger’ would have the eight gates of Paradise opened. He would then enter Paradise from any gate he chooses.”*<sup>1</sup>

- *Wudu'* is light both in this life and in the Hereafter. In this life, *Wudu'* reflects light on a person's face, and calmness within one's heart. Furthermore, *Wudu'* renders life an oasis of tranquillity and an endless fountain of certitude. On the Day of Judgement, *Wudu'* would distinguish the followers of the Prophet (Peace and blessings of Allah be upon him) as it would guide the Prophet to know those who followed him without having ever seen them. Once some of the Companions asked the Prophet (Peace and

---

<sup>1</sup> Reported by Muslim in *at-Tahara Book* 2/17, Abu Dawud 1/169, *an-Nassa'i* 1/195, and verified by al-Albani in *Sahih al-Jami'* tradition no.5803.

blessings of Allah be upon him) “O Messenger of Allah! How could you recognize those of your nation who have not come yet?” The Prophet replied, *“Suppose that there is a man who had horses with white blazes on their foreheads and legs among horses which were all black, would he not recognize his own horses?”* They said, “Certainly, he would, Messenger of Allah!” He said, *“They would come to my Cistern with white faces, arms and legs owing to ablution.”*<sup>1</sup>

- *Wudu'* is a gift from Allah to His servants by which they get rid of their sins and bad deeds and ascend to a higher rank in the eyes of Allah. By virtue of *wudu'* a Muslim prepares himself to stand before Allah, Who alone knows the unseen. In this regard, the Prophet (Peace and blessings of Allah be upon him) said, *“Shall I guide you to the thing with which Allah obliterates sins and elevates the ranks (of a man).”* They (the hearers) said, “Yes, Messenger of Allah”. He said, *“Performing ablution thoroughly against odds, traversing more paces towards the mosque, and waiting for the next prayer after observing a prayer, and that is mindfulness, that is mindfulness.”*<sup>2</sup>

---

<sup>1</sup> Reported by Muslim 2/249, an-Nassa'i 1/94, Ibn Majah - Tradition no.4306.

<sup>2</sup> Reported by Muslim in *at-Tahara Book*, Tradition no 41. and by at-Tirmidhi 1/51.

- Retaining one's purity is half of faith. The Prophet (Peace and blessings of Allah be upon him) stated, *"Purity is half of faith ..."*<sup>1</sup>

In this way, Islam preserves the Muslim's purity and encourages him to be pure and serene in both his inner and outer selves. The Prophet (Peace and blessings of Allah be upon him) said,

*"Whoever performs wudu' perfectly and then performs the obligatory prayers, will have all his sins forgiven."*<sup>2</sup>

---

<sup>1</sup> Reported by Muslim - Tradition no. 2696.

<sup>2</sup> Reported by Imam Ahmad, verified by al-Albani in *Sahih Al-Jami'* 6173, and Muslim 2/232.



## Chinese Medicine Reveals the Secrets of Life and the Relationship between Man and the Universe

Five Thousand years ago, the Chinese regarded man as part of the universe, a miniature of the material making universe comprising harmony between destruction and construction, the negative and the positive, male and female, death and life, day and night, ...etc.

It is well-known that man's body tends to restore its general health through self-healing. The Chinese theory serves this purpose. It plays on the inner domain of the human body and as such stimulates the natural power of healing. In fact, spiritual power is more powerful than the material one; otherwise man would not be able to sacrifice his body for the sake of the principles he believes in. The human being's health is a reflection of the so called vital or latent force – the main drive of life – that infiltrates all the body parts. The difference between the dead and the living creature is, therefore, this force driving everything in human beings and the universe alike. It is well known that the spiritual power is more influential than the material. Had it not been for that, the human being would not have sacrificed his body for any cause in which he believes.

This vital energy resembles electricity and magnetic energy and the stimulant of whose movement is unknown to us.

As a matter of fact, the vital energy provides us with flexibility so we can adapt to any change within the environment. The vital energy is considered the body's main defense system, as sometimes it responds to any external invasion of micro-organisms through vomiting, fever and other various symptoms.

One of its characteristics is its capacity of building, so it maintains the balance of continuous building and destruction. Among the functions of the vital force is stabilization of the body temperature and transformation of food into vital energy, protecting the body against external attacks, and aiding the body organs in functioning efficiently.

According to Chinese philosophy, this energy is the secret of life that permeates everything in this universe, working within a system based on the equilibrium between the negative "yin" and the positive "yang" and their rotation. Ultimately, this means that nothing is an absolute "yin" nor is anything an absolute "yang." Positive and negative energy are naturally represented in five matters: wood, fire, dust, metal, and water. Each element has a certain climate, a planet, certain feelings and suitable



organs. That is why man, like all other beings in this universe, is subject to the law of equilibrium.

This vital energy flows continuously and unidirectionally on the body surface in lines called "Meridians". The extent of the circulation of energy varies according to certain factors, such as the physical and psychological state, stress, the seasons, lunar cycles and the alternation of night and day.

There are twelve meridians, and they are spread all over the body; each meridian represents a certain organ. Furthermore, there are two additional medial meridians: one is anterior and the other is posterior. These meridians however, are different from the anatomical channels of the artery, the vein, or the nerve. (See Figure No. 19)

As regards the flow of energy, it is dynamic, continuous, smooth, harmonious channels and involving endless vital reactions within the living body. If anything blocks the flow of the energy, this results in an imbalance in energy, triggering the manifestations of the disease.

The system of meridians in the human body necessitates that we take into account the specific points characterising these meridians and used in treatment. The meridians in addition to being channels through which the vital energy runs (Chi or Qi), they also render the body as a whole and united unit, as they are the means of internal

communication between the various organs of the body, and even between the body and its surrounding environment.<sup>1</sup>

---

<sup>1</sup> Nilson Bakard. *The Chinese Medicine*, translated by the Arabization and Programming Center, ad-Dar al-'Arabiyyah lil-'Ulum, 1998.

## Man, the Universe, and *Wudu'*: A Common Language

There is a common language between man and the other creatures on earth. As long as man obeys Allah and acts according to His Commands, this language remains harmonious and interacts with man positively. This harmony between man and the universe is a mirror to the relation between man and Almighty Allah, the Creator of this universe. If Allah loves a person, He renders him beloved to all other beings. In this regard, the Prophet (Peace and blessings of Allah be upon him) said,

*"If Allah loves a person, He calls Gabriel saying, 'Allah loves so-and-so; O Gabriel! Love him.' Gabriel would love him and make an announcement amongst the inhabitants of the heavens 'Allah loves so-and-so, therefore you should love him also', and so all the inhabitants of the heavens would love him, and then he is granted the pleasure of the people on the earth."*<sup>1</sup>

---

<sup>1</sup> Reported by al-Bukhari and Muslim.

As regards the language of harmony between man and the universe, the Prophet (Peace and blessings of Allah be upon him) said concerning the *Muhrim*<sup>1</sup>,

*“Whenever a Muslim achieves Talbiyah (remembers Allah and glorifies Him during Hajj) every stone, tree and clay from his right and his left will do as he does until the distance expires.”*<sup>2</sup>

When a Muslim submits to Allah and abides by His Commands, the light of faith will illuminate his heart and he will achieve peace with himself, his family and the whole universe. Thus, man will be in harmony with all those who prostrate themselves to Allah including plants, animals and inanimate objects.

All creatures behave according to the Commands of Allah. Man, being one of these creatures, should follow suit. Therefore, the entire universe will become a harmonious entity glorifying the praises of the Creator.

### **The Impact of *Wudu***

Without performing *Wudu*<sup>3</sup>, man could never maintain this harmony even if he used all kinds of cleansers. *Wudu* is not only intended to be physical cleansing, but it elevates the spirit to praise its Lord.

---

<sup>1</sup> A pilgrim who is in a state of Ihram (ritual consecration). (Trans.)

<sup>2</sup> Reported by al-Tirmidhi and verified by al-Albani in *Sahih al-Jami* 5770.

What lies behind this harmony between man and the universe?

It is the balanced spiritual energy, which provides man with this tranquillity and insures interactions with the other beings around him. This spiritual energy bears fruit in man's life in many obvious and various forms. Ibn 'Abbas said, "Verily, the good deeds brighten one's face, enlighten one's heart, make livelihood more fruitful, strengthen one's body and capture the hearts of people. On the other hand, bad deeds blacken one's face, darken one's heart, weaken one's body, tighten one's livelihood and implant hatred in people's hearts (towards the wrongdoer)."

Psychologically and emotionally, *Wudu'* has a subtle effect on the body. By virtue of *Wudu'*, man's sins are expiated and his energy is kept in balance. In this regard, Amr ibn 'Absah narrated saying, "I said, 'O Messenger of Allah! Tell me about *Wudu'*. The Prophet (Peace and blessings of Allah be upon him) said,

*"None of you starts performing wudu' (ablution) and rinses his mouth, sniffs up water and blows it, without the sins of his face falling out from his beard with the water. Then (when) he washes his forearms up to the elbows, the sins of his arms fall out along with the water from his fingertips. And when he wipes his head, the sins of his head fall out from the points of his hair along with the*

*water. And (when) he washes his feet up to the ankles, the sins of his feet fall out from his toes along with the water. And if he stands to pray and praises Allah, lauds Him and glorifies Him with what becomes Him and shows wholehearted devotion to Allah, his sins would depart, leaving him (as innocent) as he was on the day his mother gave birth to him. “<sup>1</sup>*

If a person, however, washes in a different manner and does not perform the special *wudu'* actions including massaging, washing between the fingers and wiping the body parts, as ordained by Allah, this balance would not be achieved.

### **Do sins cling to one's hands, feet, ear and face?**

Sins have an impact on the energy meridians and the aura surrounding the body, leaving marked differences thereon and eventually reflecting on the person's health, (See Figure No. 1). This is due to the fact that man's body does not consist only of solid matter, but also of electrochemical and electromagnetic atoms. Energy here is the vital energy emanating from our bodies, called “Prana” or “Vital Force”. Irrespective of the naming, it is a tangible reality<sup>2</sup>.

---

<sup>1</sup> Reported by Muslim.

<sup>2</sup> Brecher, *Secrets of Energy Work*, Dorlin, Kindersley, 2001.

Modern science uses Bioresonance equipment for measuring the vital energy in human beings and living creatures. Sophisticated cameras so called "Kirlian-photography" have been also used to take images of the magnetic field surrounding every living creature. This field, influencing our being and survival as living creatures, is known as "Aura" or "Bioplasmic body," without which the body becomes a mere chemical substance that decays and extincts (See Figures No. 2-3)<sup>1</sup>.

---

<sup>1</sup> Barbara. *Hands of Light*, Bantam Books. A.B. 1988.

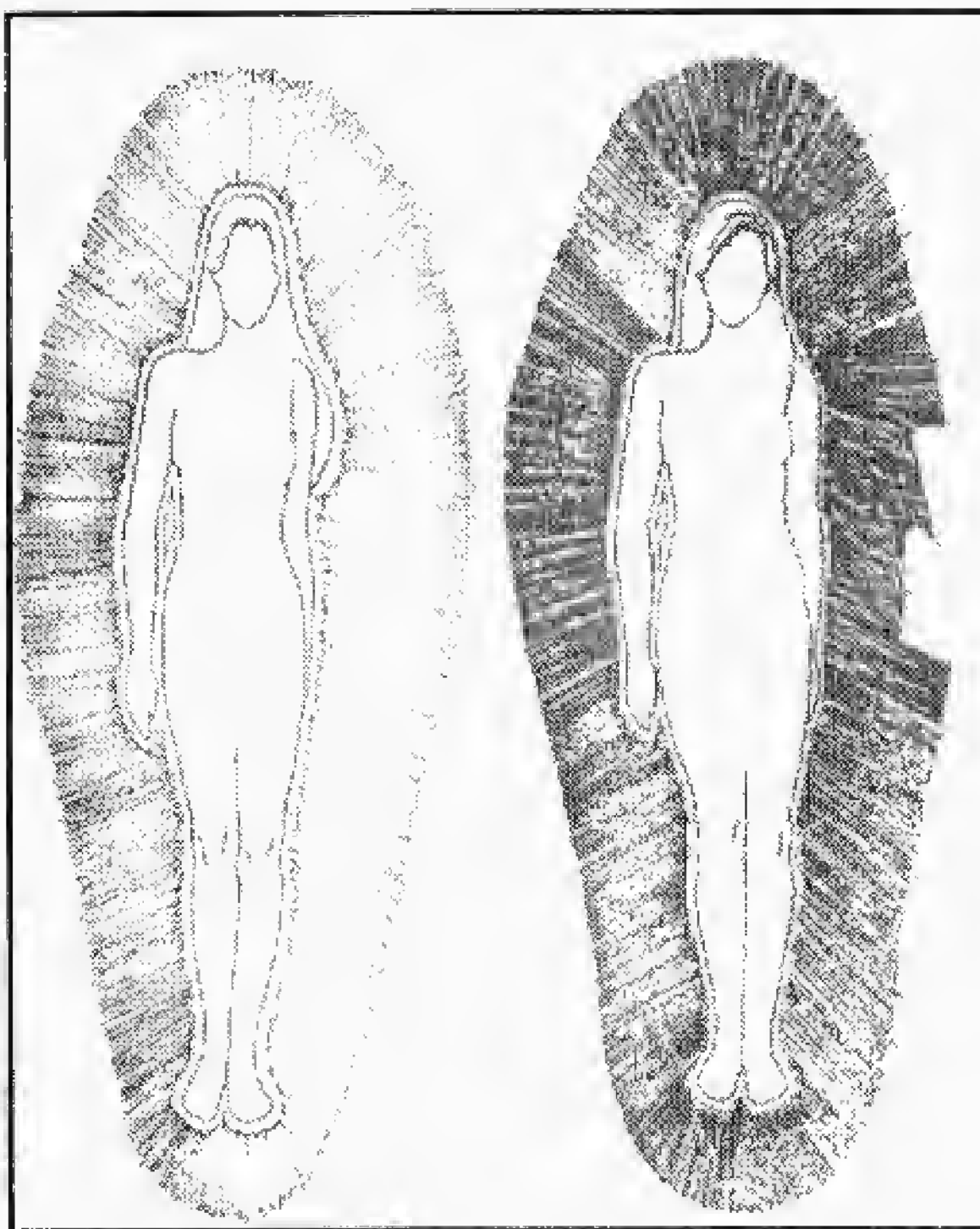


Figure No. 1

The aura surrounding the body of a female during both the balanced and unbalanced times.



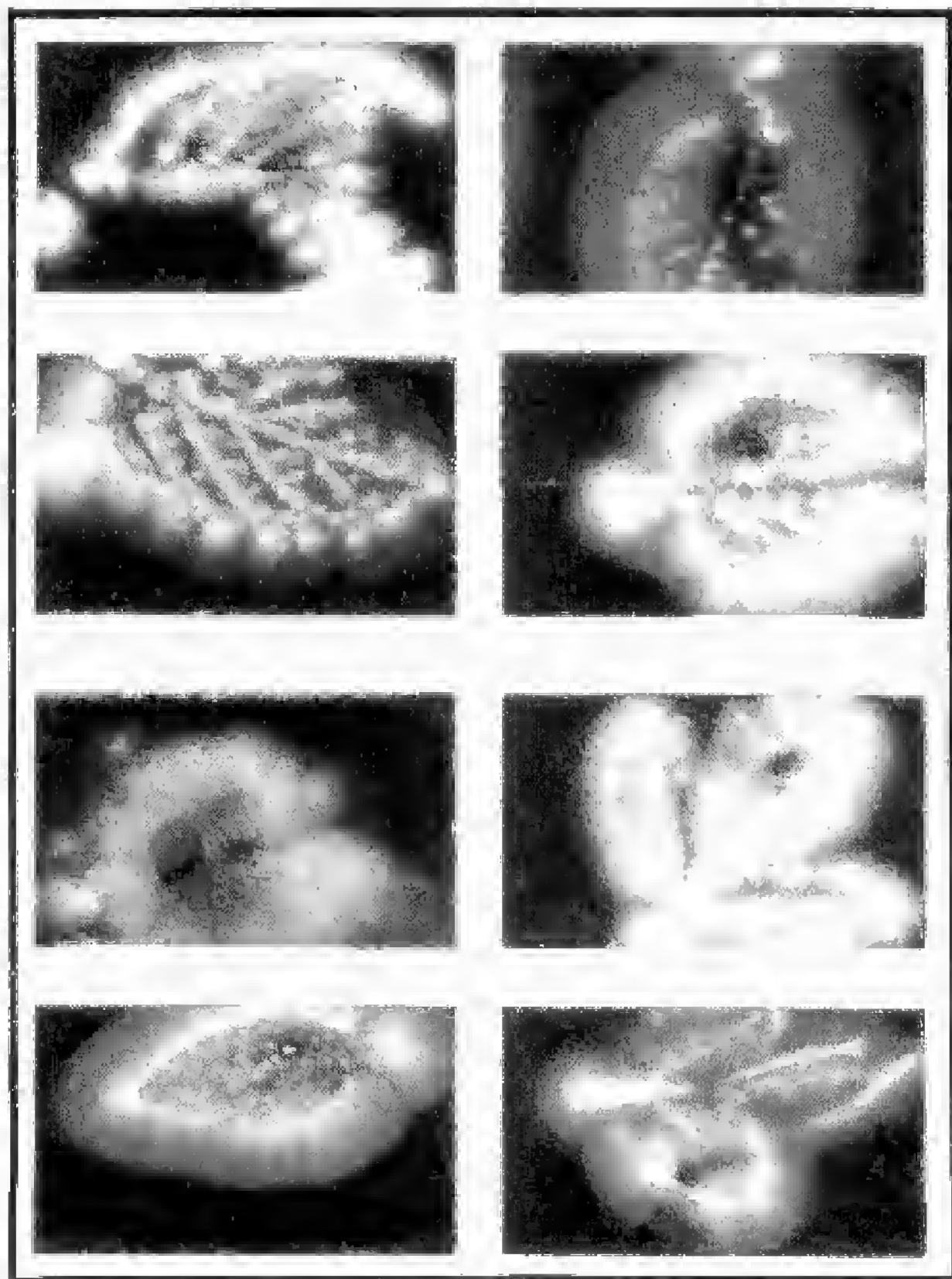


Figure No. 2

The biosphere surrounding the leaves of a tree.  
The brilliance of this aura varies according to the health of the  
leaf (photographed by a Kirlian camera)

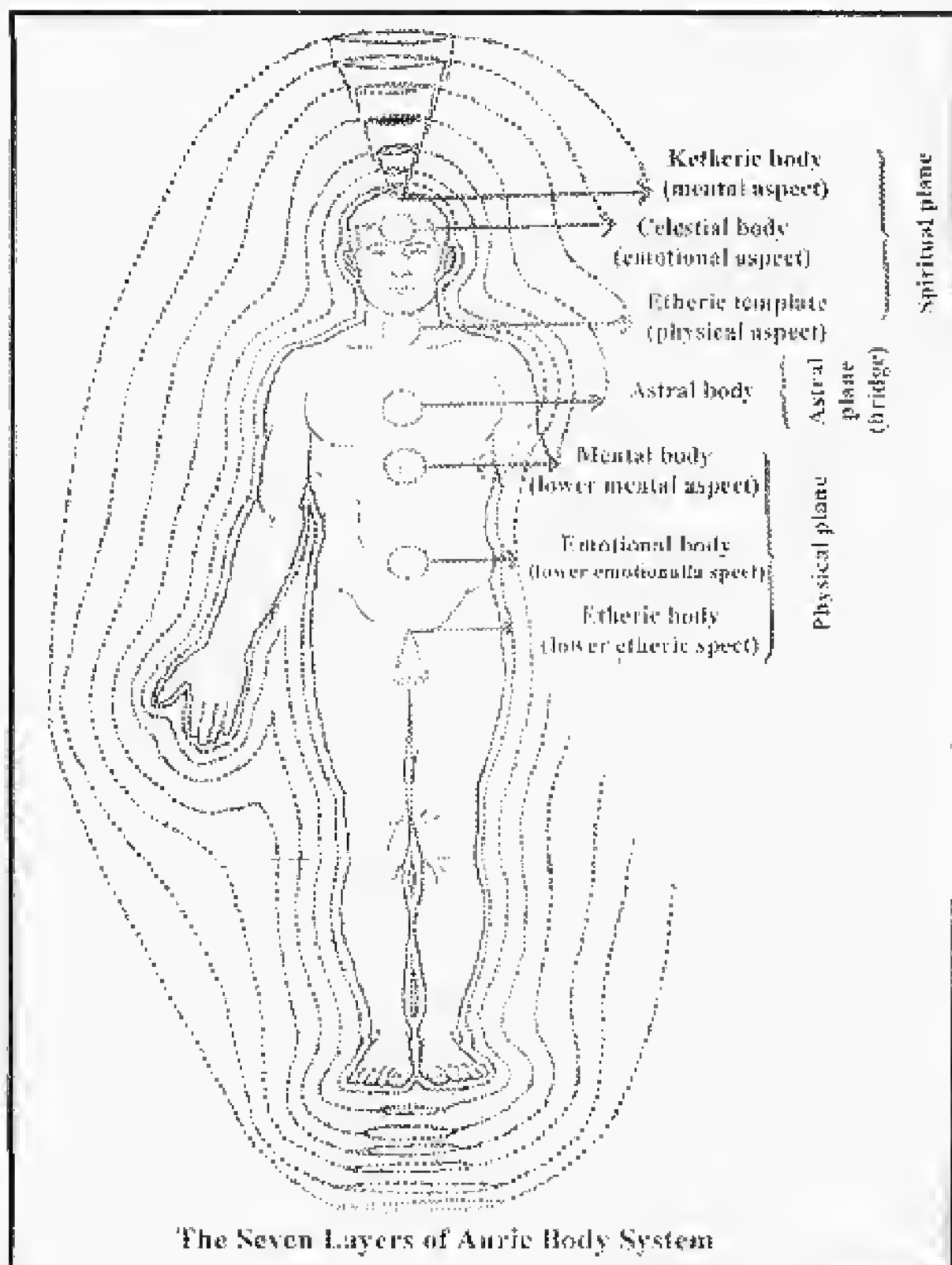


Figure No. 3

Shows the reality of the body and the soul and the seven levels of the aura surrounding the body.



## ***Wudu': A Blessing and a Light***

All praise and thanks are due to Allah Who grants His love upon whoever preserves his cleanliness and purity. Allah says,

﴿... إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ.﴾ (البقرة: ٢٢٢)

﴿...Verily, Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean.﴾

(Al-Baqarah: 222)

In fact, *Wudu'* is a great bounty and favor of Allah through which He preserves His servants. He is the Ever-Preserving Who provides His believing servant with a manifest and a hidden power, i.e. *Wudu'*, that protects him in this world. Allah says,

﴿وَإِنْ تُعَدُّوا نِعْمَتَ اللَّهِ لَا تَحْصُوهَا.﴾ (إبراهيم: ٣٤)

﴿But if ye count the favours of Allah, never will ye be able to number them.﴾

(Ibrahim: 34)

Also, pondering on the Prophetic supplications, we find a *Du'a'* in which the Prophet (Peace and blessings of Allah be upon him), on his way to making prayers, asks Allah to surround him with light. The Prophet (Peace and blessings of Allah be upon him) said,

*"O Allah, place light in my heart, light in my sight, light in my hearing, light on my right hand, light on my left hand, light above me, light below me, light in front of me, light behind me and enhance light for me."*<sup>1</sup>

May be what the Prophet (pbuh) meant with light here the aura surrounding the human body. Though we cannot see nor feel the vital energy, it can be measured by modern machines such as Bioresonance and Crown T. V. Kirlian photography.

Experiments have already been conducted to measure the energy of some organs in human body and its distribution before and after performing *wudu'*. The result was astonishing. There was a great difference in the readings. After performing *wudu'*, the measurements show that the human body is more balanced and efficient (Figure No. 4).

This reveals that one of the merits of *wudu'* is that it restores the optimum balance to the aura surrounding the human body and rectifies any confusion in the flow of energy (Figure No. 19). This protects human beings from the negative impacts of modern technology, environmental pollution and other factors detrimental to man's health.

---

<sup>1</sup> Reported by al-Bukhari, *Book of Dhara*, Tradition no, 5841



## *Wudu' and Reflexology*

Allah, the Almighty, has blessed His servants and granted them latent energies. Allah, the Exalted and Glorified, says,

﴿ سَنُرِيهِمْ آيَاتِنَا فِي الْآفَاقِ وَفِي أَنْفُسِهِمْ حَتَّىٰ يَتَبَيَّنَ لَهُمُ أَنَّ الْحَقَّ أَوْلَمُ يَكْفُ  
بِرَبِّكَ أَنَّ عَلَىٰ كُلِّ شَيْءٍ شَهِيدٌ ۝ ﴾  
(فصلت: ٥٣)

﴿ We shall show them Our portents on the horizons and within themselves until it will be manifest unto them that it is the Truth. Doth not thy Lord suffice, since He is Witness over all things? ﴾

(Fussilat: 53)

However, in spite of all these bounties granted by Allah, man is often too self-conceited vis-a-vis his Creator because he fails to perceive the reality of both the body and the soul. Allah, the Almighty, says,

﴿ يَا أَيُّهَا الْإِنْسَانُ مَا غَرَّبَكَ بِرَبِّكَ الْكَرِيمِ. الَّذِي خَلَقَكَ فَسَوَّاكَ فَعَدَلَكَ. فَمَن  
أَبَىٰ حُورَةً مَّا شَاءَ رَكَّبَكَ. ۝ ﴾  
(الانفطار: ٦-٨)

﴿ O man! What has seduced thee from thy Lord Most Beneficent? Who created thee, then

*fashioned, then proportioned thee? Into  
whatsoever form He will, He casteth thee.* §

(Al-Infitar: 6-8)

As previously mentioned, the negative and positive elements within the universe create a magnetic field surrounding the human body - known as the "Aura" - internally and externally influencing it on all spiritual, mental, psychological and physical levels. Therefore, treating human beings using conventional medicine, which deals with the body only, does not involve all these levels<sup>1</sup>.

The science of Reflexology<sup>2</sup> is a method of Alternative Medicine. It is the application of finger pressure to certain points, especially to feet and hands. According to that science, the human body is equally divided into ten main longitudinal parts. Each five parts lie on either side of an imaginary line that cuts the body into two equal halves. The two kidneys, for example, fall on the second and third parts on either side of the body; therefore, the points of reflex on the hands and feet lie also on the second and third parts (See Figures No. 5 {a and b} - 6 {a and b} -7).

---

<sup>1</sup> Caroline Myss, *Anatomy of the Spirit*, Bantam Books, 1998

<sup>2</sup> Doreene Bagly, *Reflexology Today*, Thorsons Publishers Ltd, 1992.



## Treatment Using Massage:

The massage of these points restores the balance and vitality to all the body parts due to the connection between these points and the body through unseen physiological energy channels<sup>1</sup>.

It has been demonstrated, using Kirlian photography that the energy field of these unseen physiological points on the feet are weakened when there is an imbalance in the area related to these points. It was also observed that the energy of these fields – as well as that of the aura - might restore its balance after massage.

In short, reflexology-based massage treatment is a simple and easy way that enhances the self-cure of the body, known as the vital force. Thus, this method was applied as a stress relief and treatment of back, neck and spinal pains, insomnia, hypertension, hormonal disturbance and many other pains. Moreover, it stimulates the circulatory system, the lymphatic system, regulates the nervous system and endows the person with a feeling of relaxation. Therefore, massage became the best means for relieving daily stress<sup>2</sup>.

Therefore, massage during ablution will be of great benefit and will be a regular way to get rid of accumulated

---

<sup>1</sup> Caroline Green, *Modern and Alternative Medicine*, Translation of the Arabisation and Programming Center, Al-Dar Al-Arabiya Lil-oloom, 2000.

<sup>2</sup> Melanbina, C. & N. Hall, *Secrets of Reflexology*, Dorling Kindersley, 2001.

daily stress. Performing *Wudu'* was recommended before sleeping at the end of the day. The Prophet (Peace and blessings of Allah be upon him) spoke the truth when he recommended ablution to Muslims saying, "*Whenever you go to bed, perform ablution for the prayer.*"<sup>1</sup>

Very often, after this kind of treatment the patient falls asleep and feels fresher when he wakes up. It was reported that stress is the main factor behind at least 75% of stress related diseases, therefore, getting rid of stress is the best preventive way for maintaining health.

Hence, *Wudu'* will not only be a way of relieving stress, but also it balances our emotions. This confirms the Prophet's saying,

*"Anger is from Satan, Satan was created from fire and water extinguishes fire; so if any one gets angry, he should perform ablution."*<sup>2</sup>

From time to time, a person may feel that his energy is running out and his ability to work is waning. Applying massage and rubbing certain parts, to be mentioned later, will help refresh one's vital energy and enhance his ability to work all day long without feeling tired.

This may shed some light on the importance of rubbing during *wudu'*, which is obligatory according to Malki jurists and sunnah for the others. Indeed the positive impact

---

<sup>1</sup> Reported by Al-Bukhari. *Wudu' Book*, Part 75 (1/2471).

<sup>2</sup> Reported by Ahmad and Abu Dawud.

of massaging on all body parts was proven by Reflexology; as it aids in relieving stress and in clearing the wastes of the lymphatic and digestive systems and other toxic substances in the body. Moreover, it restores vitality, rebalances the energy of the body parts and remedies any disturbance in the body, in addition to endowing the person with psychological tranquility, given the fact that the feet have a large number of nerve endings<sup>1</sup>.

Undoubtedly, *Wudu'* strengthens one's belief and determination. Moreover, it helps a Muslim overcome Satan and immunizes him against all evils. That is why the Prophet (Peace and blessings of Allah be upon him) says,

*"Satan puts three knots at the back of the head of any of you when he is asleep. When one wakes up and remembers Allah, one knot is undone; and when one performs ablution, the second knot is undone, and when one prays the third knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart."*<sup>2</sup>

---

<sup>1</sup> Smith, T. & P. Last, *The Family Guide to Healthy Living*, Dorling Kindersley, 1992.

<sup>2</sup> Reported by al-Bukhari, *at-Tahajjud Book*, Tradition no.1142.

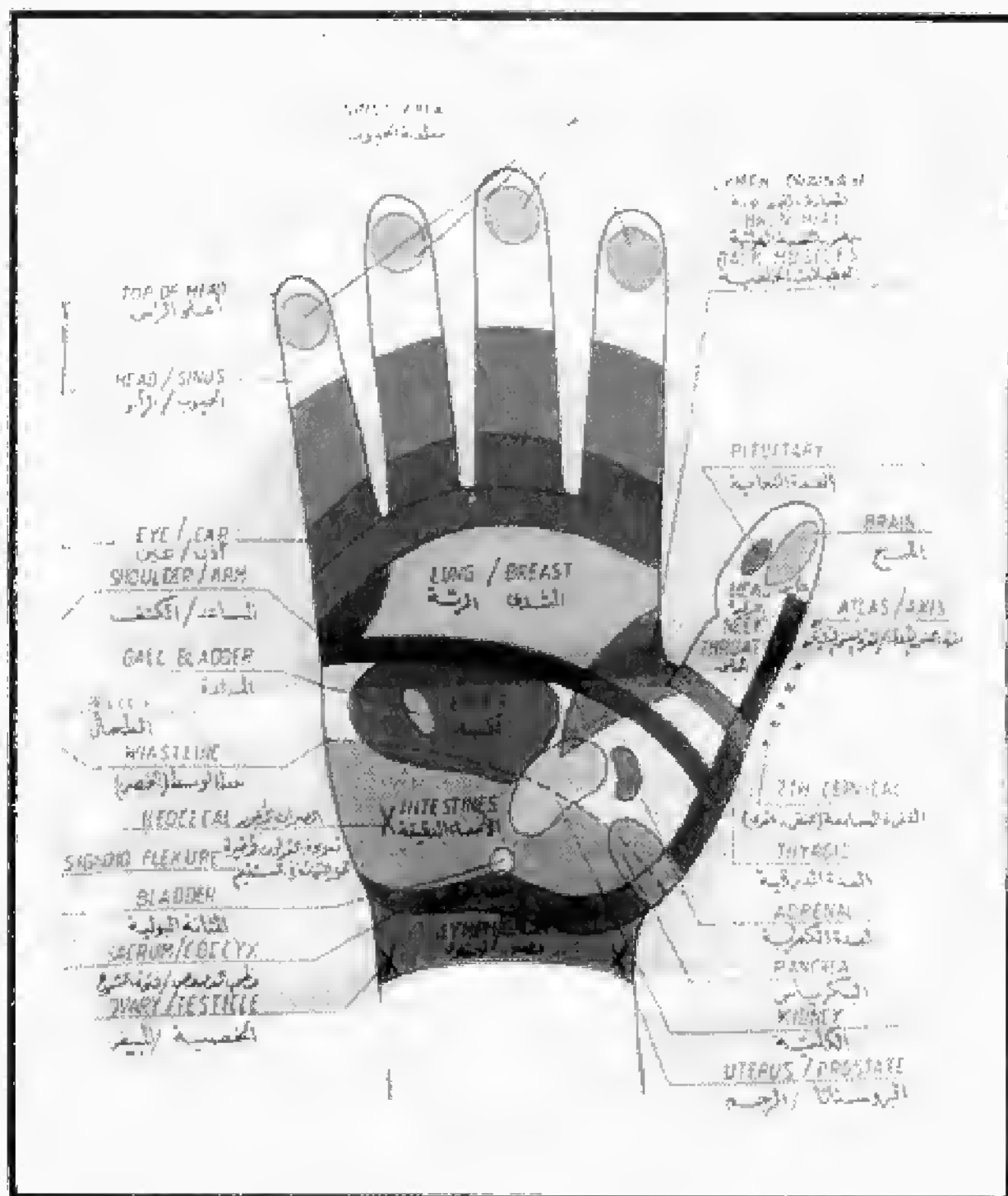


Figure No. 5a

Shows the map of the body organs on the right hand.

On the right hand, all the organs of the right side of the body are depicted, according to their positions determined by Reflexology.



Figure No. 5b

Shows the map of the body organs on the left hand.

On the left hand, all the organs of the left side of the body are depicted, according to their positions determined by Reflexology.

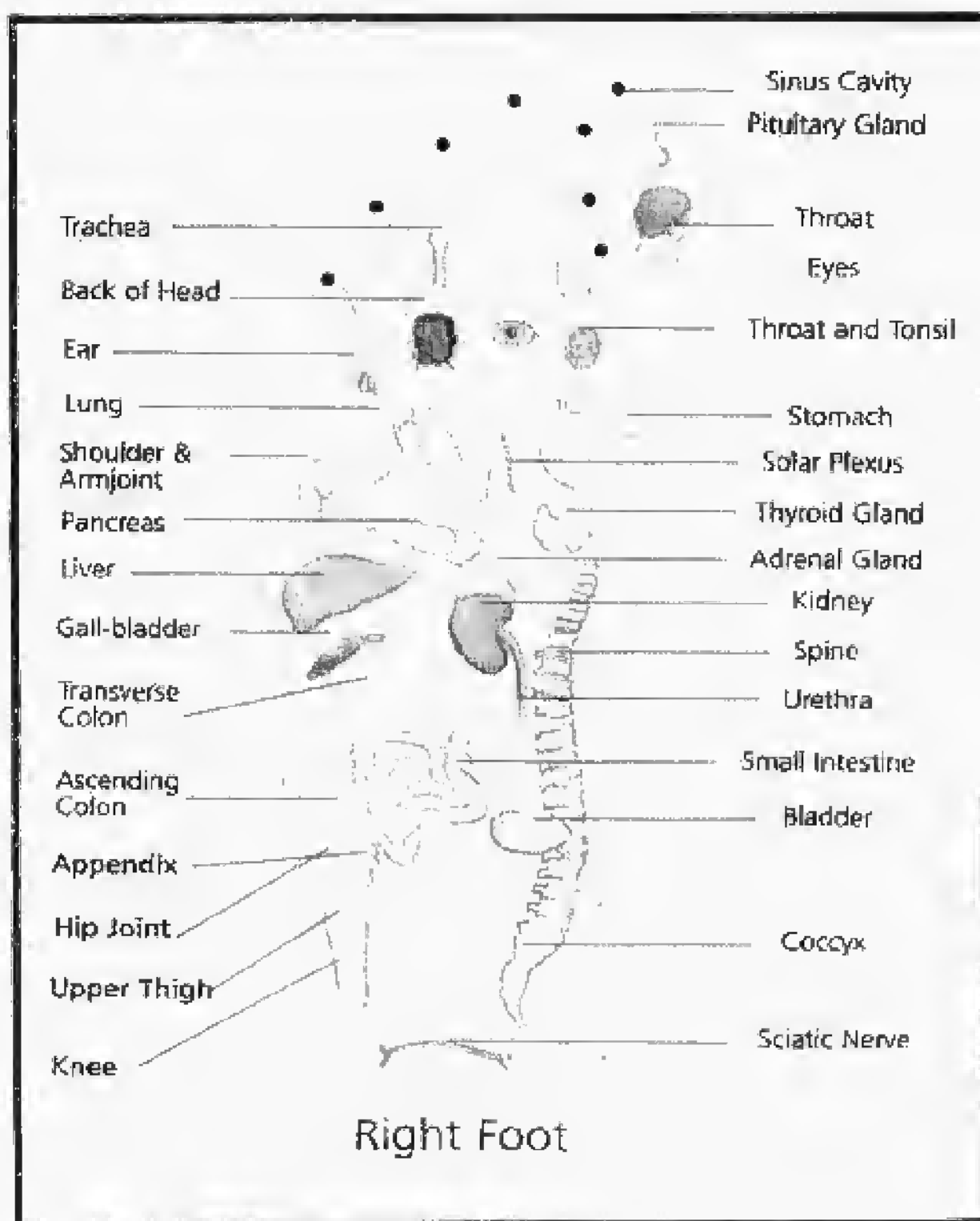


Figure No. 6a

Shows the map of the body organs on the right foot.

On the right foot, all the organs of the right side of the body are depicted, according to their positions determined by Reflexology.

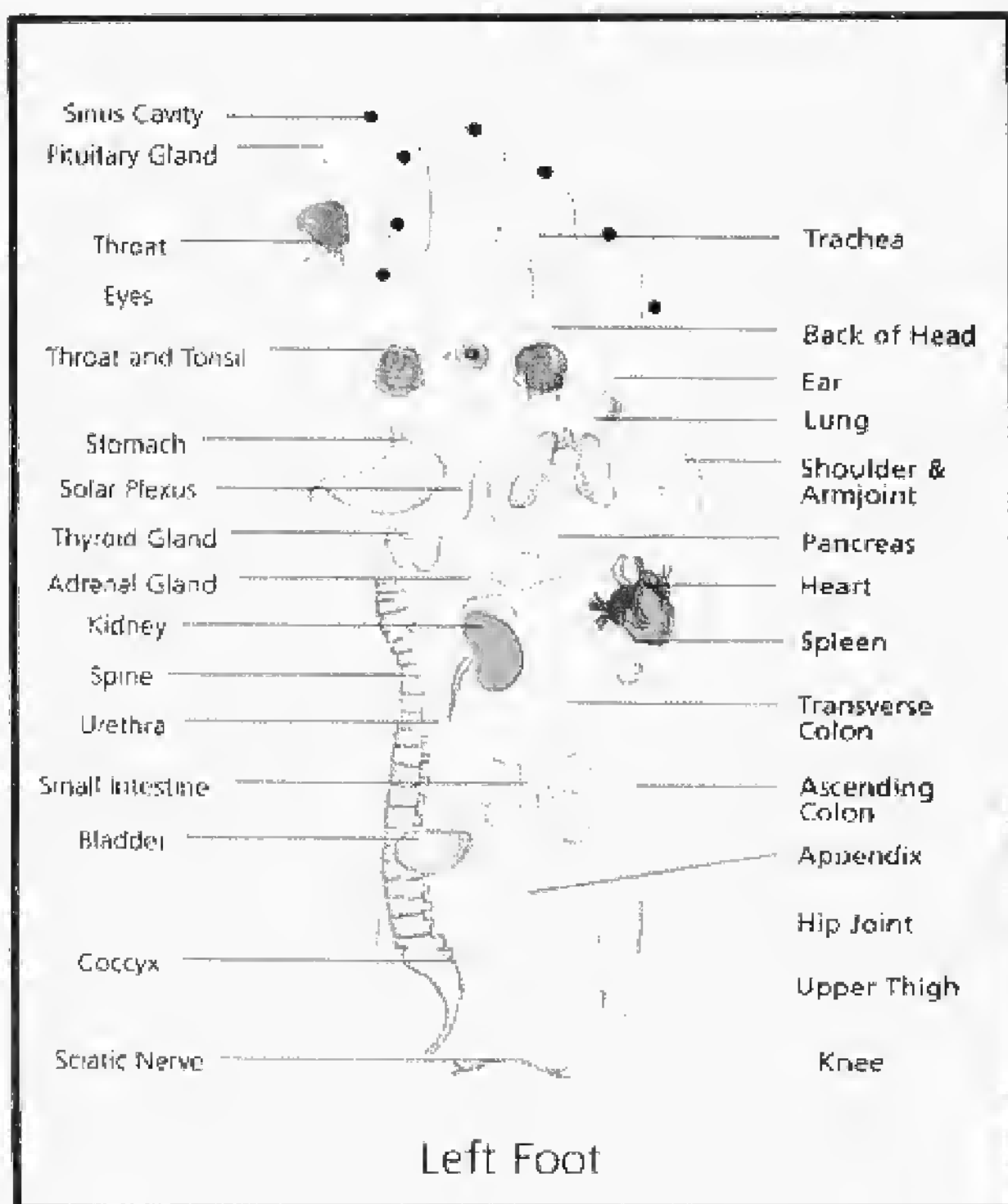
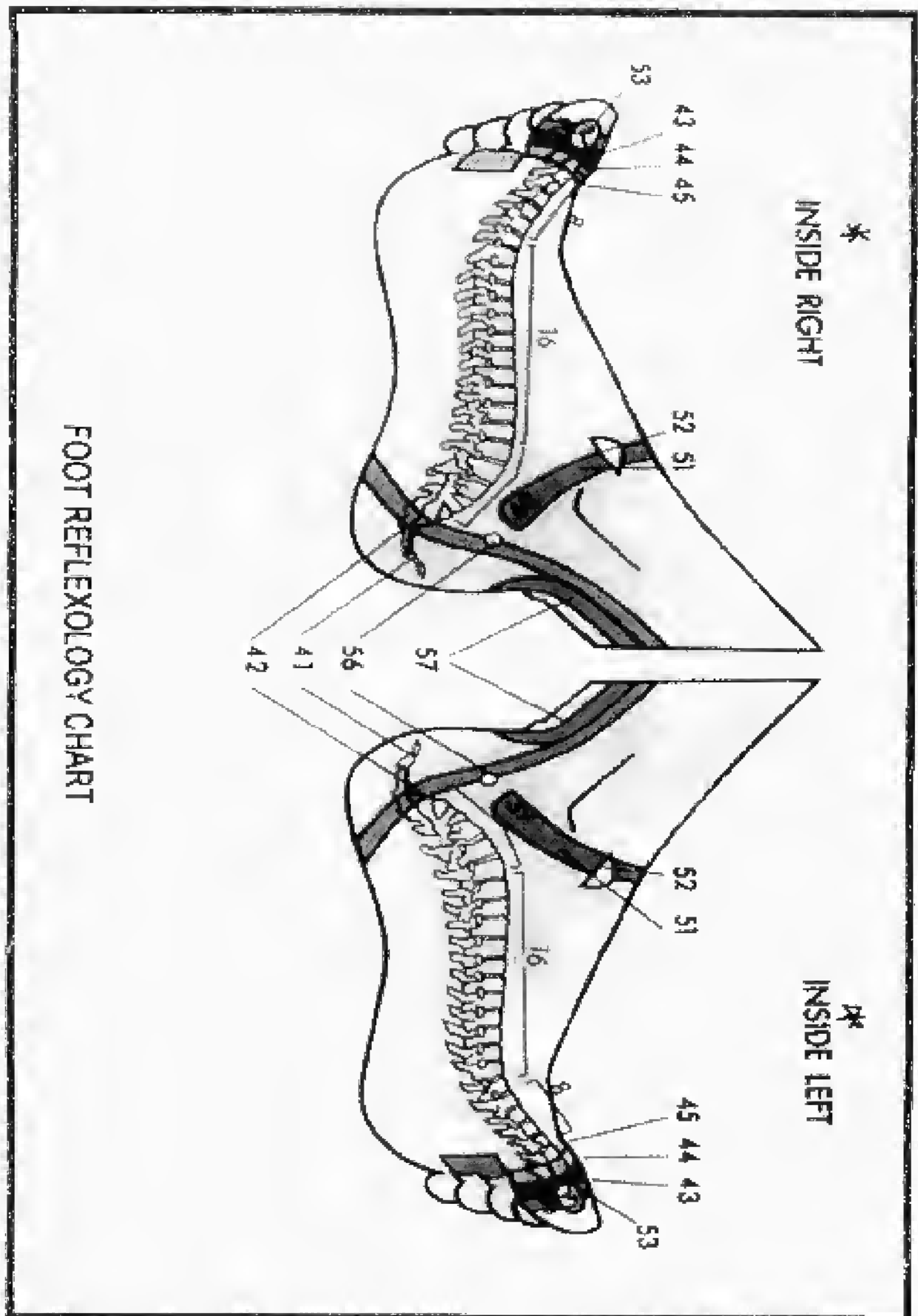


Figure No. 6b

Shows the map of the body organs on the left foot.

On the left foot, all the organs of the right side of the body are depicted, according to their positions determined by Reflexology



Figuer No. 7

The position of the vertebral column depicted in the inner sides of the feet.



## Proper and Complete *Wudu'*

In order to be more acquainted with *Wudu'* and the issues related to it, it would be of great benefit to shed some light on the proper way of performing *Wudu'*.

Generally speaking, the obligatory acts of *Wudu'* are mentioned in the verse that reads,

﴿ يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ ... ﴾  
(المائدة: ٦)

﴿ O ye who believe! When ye rise up for prayer, wash your face, and your hands up to the elbows, and lightly rub your heads and (wash) your feet up to the ankles... ﴾

(Al-Ma'idah: 6)

### Performing *Wudu'*: Step by Step

1. To have the correct intention (intention is in the heart).
2. To mention Allah's Name saying, "In the Name of Allah, the Most Beneficent, the Most Merciful."
3. To wash one's hands three times and rub them with water.

4. To rinse one's mouth three times.
5. To sniff up and blow out water three times.
6. To wash one's face three times from the top of the forehead to the bottom of the chin and from ear to ear, while washing the beard thoroughly (in the case of bearded men).
7. To wash one's right hand up to the elbow three times.
8. To wash one's left hand up to the elbow three times.
9. To wipe the whole head or any part of it with a wet hand, once.
10. To wipe one's ears, using the thumb and the forefinger from down upward including the inner parts of the ear lobe using the same water of the head or a new water.
11. To wash one's right foot up to the ankle, then to wash one's left foot up to the ankle, as the Prophet (Peace and blessings of Allah be upon him) said regarding heels, " 'Woe to the heels, save them from the Hell-fire', " repeating it two or three times<sup>1</sup>.
12. It is recommended to run water through one's fingers and toes and rub all parts that should be washed.
13. After finishing Wudu' one should say, "I testify that there is no God but Allah and I testify that

---

<sup>1</sup> Reported by al-Bukhari. Tradition no.58. Book of 'Ilm. *Sahih al-Bukhari*.

Muhammad is His servant and His Messenger. O Allah! Let me be from among those who turn to You constantly and keep pure earnestly.”<sup>1</sup>

14. Using Siwak (cleaning stick for the teeth).
15. The washing sequence should be taken into account. Each bodily part must be washed right after the other in the prescribed sequence without separating the washing of the different parts of acts by anything not related to the Wudu'. This is the customary practice of the early and later generations of Muslims.
16. It is also recommended that one should exaggerate washing one's face, arms and feet up to the legs in order to amplify the light so as to be recognized by the Prophet on the Day of Judgement.

---

<sup>1</sup> Reported by Muslim 2/234, and by at-Tirmidhi 1/55, verified by al-Albani in *Salih Al-Jami'*



## Proper *Wudu* and its Medical Effects

### Washing hands and rubbing in between one's fingers:

There is a relationship between washing and rubbing and the Chinese science of massaging, known as Acupressure, which is defined as: a massage accompanied with applying pressure to certain areas or points on the body, known as therapeutic points.

Acupressure restores the flow of energy to its channels<sup>1</sup>, and as such eliminates any blockage to the energy "Chi". The elimination of pain is presumably due to the release of a sedative substance, known as Endorphins<sup>2</sup>, via nerve cells<sup>3</sup>. The Chinese discovered points between the hand fingers called "Extrapoints 28, which relieve headache and treat peripheral neuritis (See Figure No. 8).

---

<sup>1</sup> Woodham, A. & D. Peter, *Encyclopaedia of Complementary Medicine*, Dorling Kindersely, 1997.

<sup>2</sup> Endorphins represent any group of peptide hormones that bind to opiate receptors and are found mainly in the brain. (Translator)

<sup>3</sup> Li Ding, *Acupuncture Meridians Theory and Acupuncture Points*, Foreign language, 1991.

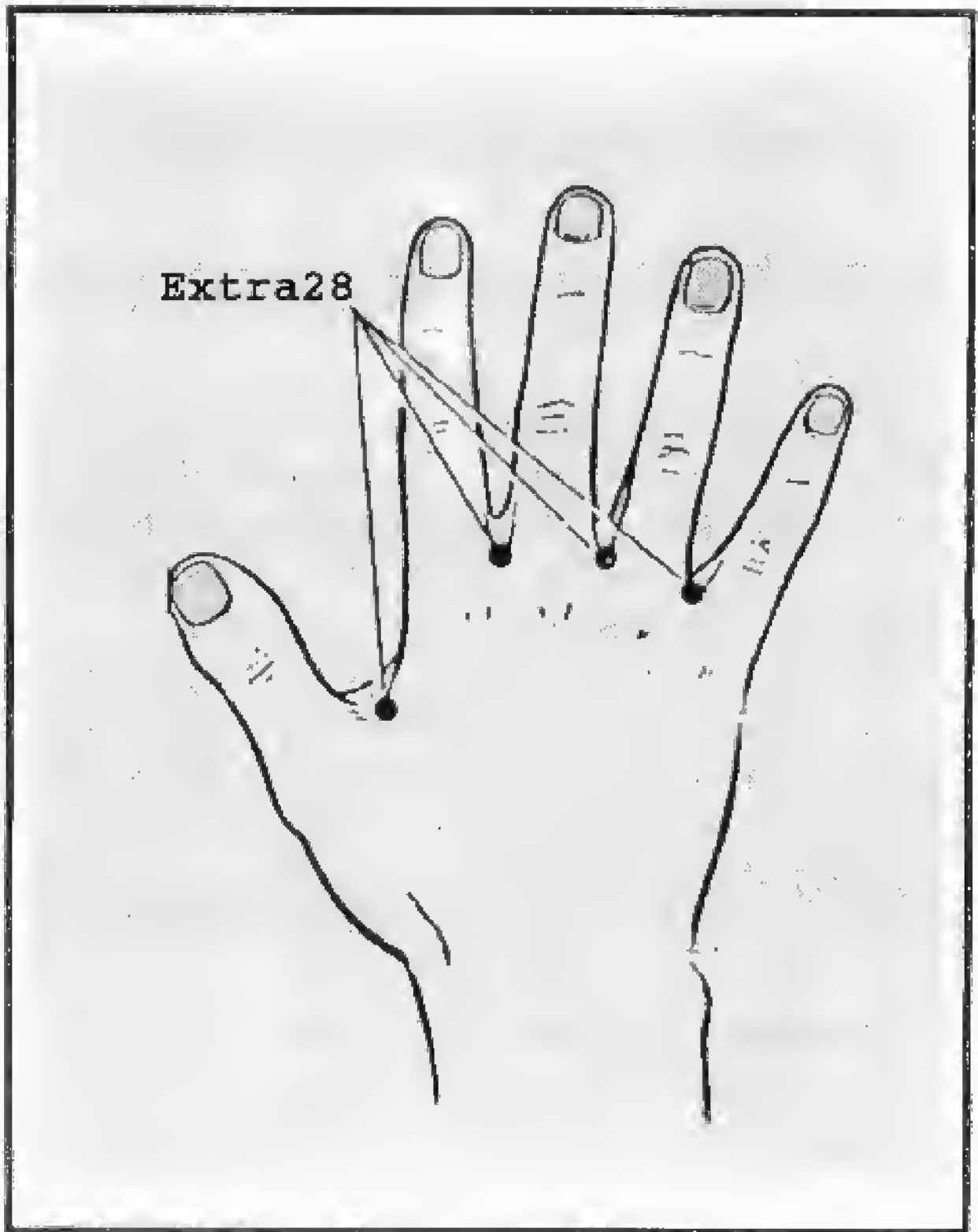


Figure No. 8  
The Extra 28 Points for rubbing in between the fingers of both hands.

it is important to note that the Prophet (Peace and blessings of Allah be upon him) advised his Companions to rub in between their fingers and let water run between them when performing *Wudu'*. The Prophet (pbuh) once said to one of his Companions, "*Perform the Wudu' most perfectly and run water between your fingers.*"<sup>1</sup> This is similar to the effect of Acupressure on some sedative points such as Li 4 and Si 3, and stimulating points such as H 7 (See Figures Nos. 9 and 10).

Thus, it becomes clear that the Prophetic instructions in regard to *Wudu'* give us a very valuable guide to protect our body and maintain good health.

After concluding prayer and pronouncing Salams, it is recommended that a praying Muslim follows it by glorifying his Lord using his fingers. It is optimal to begin with those of his right hand. In this regard, the Prophet (Peace and blessings of Allah be upon him) said, "... *they (the fingers) will be asked (on the Day of Judgment) and they will pronounce testimony.*"<sup>2</sup>

According to the Indian Medicine (Yoga instructions), each finger symbolizes something: the thumb refers to spiritual energy, the forefinger refers to the unconscious and soul, the middle finger refers to power and stability, the ring finger refers to the third chakra and strength of

---

<sup>1</sup> Al-Albani. *Sahih al-Jami'*, 927.

<sup>2</sup> Abu Dawud.

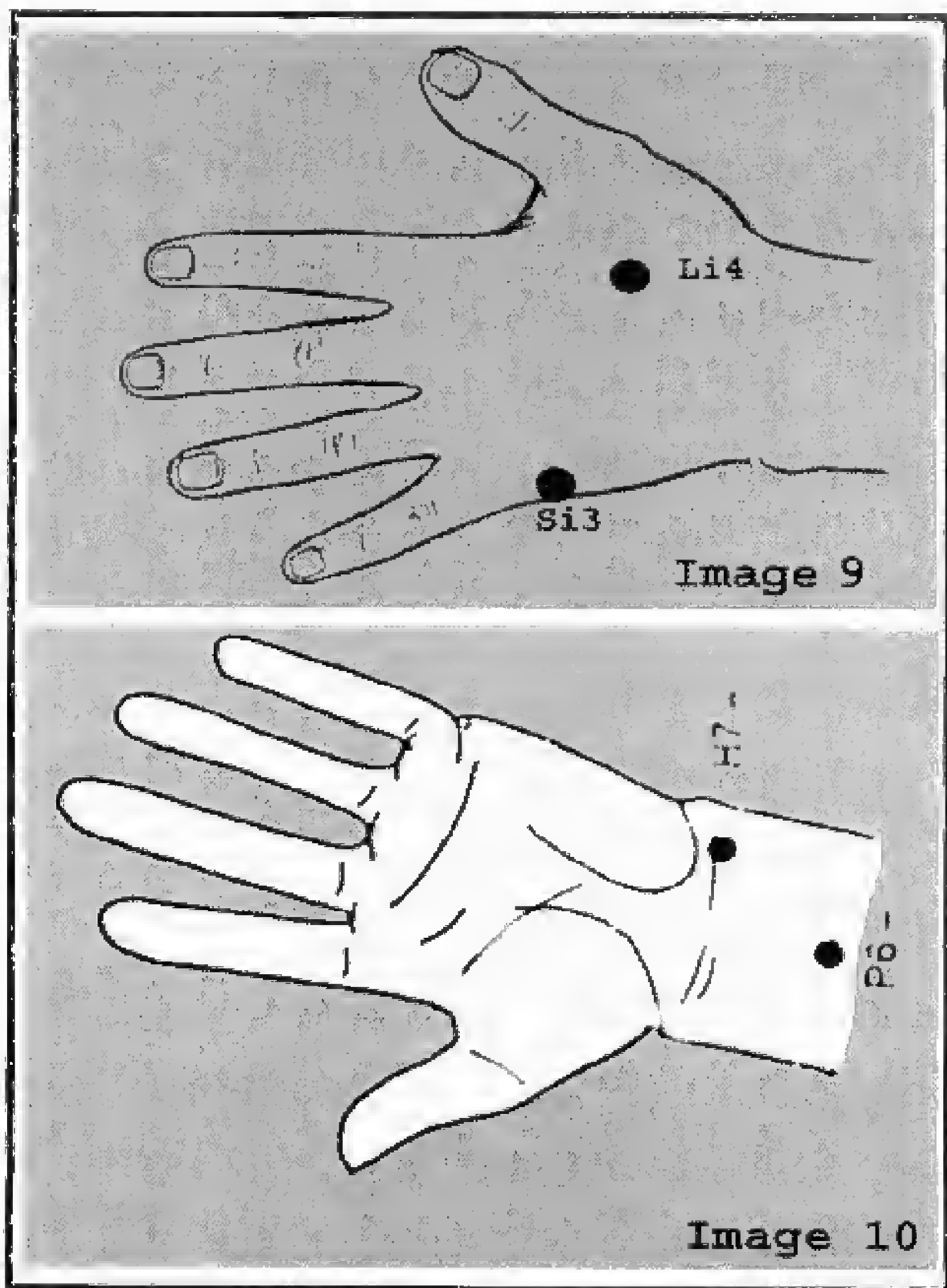
personality, and the little finger refers to intellectual activity.

As such, placing the tip of the thumb on the forefinger reflects the connection between the soul and its Creator, placing the tip of the middle finger on that of the thumb reflects patience and tranquility, placing the tip of the ring finger on the thumb emanates the feeling of health and being energetic, and finally placing the tip of the little finger on the thumb develops the intelligence<sup>1</sup>

---

<sup>1</sup> Singh Khalsa & C. Stauth, *Meditation as Medicine*, Joan Borysenko, 2001.





Figures Nos. 9-10

The sedative and the stimulating points located on the hands.

## Rinsing the Mouth during *Wudu'* and its Effects on the Body

The Prophet (Peace and blessings of Allah be upon him) said, *"Rinse your mouth whenever you come to perform wudu'."*<sup>1</sup> Rinsing the mouth is taking water inside the mouth, shaking it and then expelling it out of the mouth.

For when the mouth is rinsed during *Wudu'*, one protects the face against wrinkles, as swishing the water within the mouth strengthens the facial muscles.

Moreover, the Prophet (pbuh) urged his followers to use "siwak" (a mouth stick) as much as possible. The Prophet (pbuh) said,

*"If I had not found it hard for my people, I would have ordered them to clean their teeth with siwak<sup>2</sup> for every Wudu'."*<sup>3</sup>

Also, 'A'ishah narrated that the Prophet (pbuh) said,

*"Using Siwak cleans the mouth and pleases Allah."*<sup>4</sup>

Furthermore, using the "siwak" benefits health in many ways. As, it protects the whole body, i.e. the mouth and

---

<sup>1</sup> Reported by Abu Dawud.

<sup>2</sup> Siwak is a certain stick by which one can clean one's mouth and teeth.  
(Translator)

<sup>3</sup> Al-Albani, *Sahih Al-Jami'*, No. 5317.

<sup>4</sup> Reported by An-Nasa'i, 1/10, Ibn Khazama 1/70, Tradition no.135.

teeth, the digestive system and the respiratory system. The “siwak” contains many activating substances such as “sinnigrin”, which prevents the reproduction of bacteria, protects teeth against decay and cures gingivitis. In addition to this, the “siwak” has many other substances such as Tannic acid, which removes any bad odour from the mouth. Moreover, the “siwak” strengthens the gums and the sight, intensifies intelligence, whitens the teeth, stimulates the circulatory system, postpones the growth of white hair and kills stomach worms<sup>1</sup>. Surely, all these improvements and enhancements caused via one part of the body, namely the mouth, also enhance the performance of other organs; this highlights Allah’s unlimited creativity in man’s creation and the truthfulness of His Messenger Muhammad, who received the Divine Revelation from Allah, the Almighty.

In one of his *hadiths*, the Prophet (Peace and blessings of Allah be upon him) gave indications that all the organs of the body are one unit and respond collectively. The Prophet (pbuh) said,

*“You see the believers as regards their being merciful among themselves and showing love among themselves and being kind, resembling one body, whenever one part of this body complained*

---

<sup>1</sup> ‘Abdullah As-Sa’id, *Al-Siwak Wa Al-Inayah bilasmani*.

*of any illness, the remaining organs would assist and provide solace.”<sup>1</sup>*

Hence, the body with all its reactions, mechanisms and formation is a mirror of Allah’s Miraculous Ability for all who have sharp insight. Allah, the Almighty, says,

﴿سَتُرِيهِمْ آيَاتِنَا فِي الْآفَاقِ وَفِي أَنْفُسِهِمْ حَتَّىٰ يَتَبَيَّنَ لَهُمْ أَنَّهُ الْحَقُّ أَوَلَمْ يَكْفِ بِرَبِّكَ أَنَّهُ عَلَىٰ كُلِّ شَيْءٍ شَهِيدٌ﴾  
(فصلت: ٥٣)

*“We shall show them Our portents on the horizons and within themselves until it will be manifest unto them that it is the Truth. Doth not thy Lord suffice, since He is Witness over all things?”*

(Fussilat: 53)

One of the miraculous signs in man’s body is the tongue. This rather small organ, holds the key to diagnose the remaining parts of the body (via the shape, color, size and surface of the tongue).

﴿وَمِنْ آيَاتِهِ خَلْقَ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ أَلْسِنَتِكُمْ وَأَلْوَانِكُمْ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّلْعَالَمِينَ﴾  
(الرؤم: ٢٢)

*“And of His signs is the creanon of the heavens and the earth, and the difference of your tongues and colors. Lo! herein indeed are portents for men of knowledge.”*

(Ar-Rum: 22)

---

<sup>1</sup> Reported by al-Bukhari.

Figures Nos. (11a) and (11b) show different shapes, colors and forms of tongues and the layers above them. The red color indicates hyperfunction, whereas the white color indicates a high level of toxins in the body, as well as hypofunction. As for the black color, it reveals that there is a disorder in the blood circulation.

Therefore, Chinese Medicine adds more interpretations to the meaning of the "tongue" that are meant in the previous verse, as it highlights that there are different physical implications and changes within the tongue itself according to the general health of the body, in addition to the difference of its nature from one person to another. In this way, the verse can be viewed from another perspective in addition to that of al-Qurtubi when he said that the word 'Tongues' here refers to 'Languages'<sup>1</sup>.

---

<sup>1</sup> Al-Qurtubi, *al-Jami' LiAhkam al-Quran*, vol. 7 Interpretation of Surat Ar-Rum.

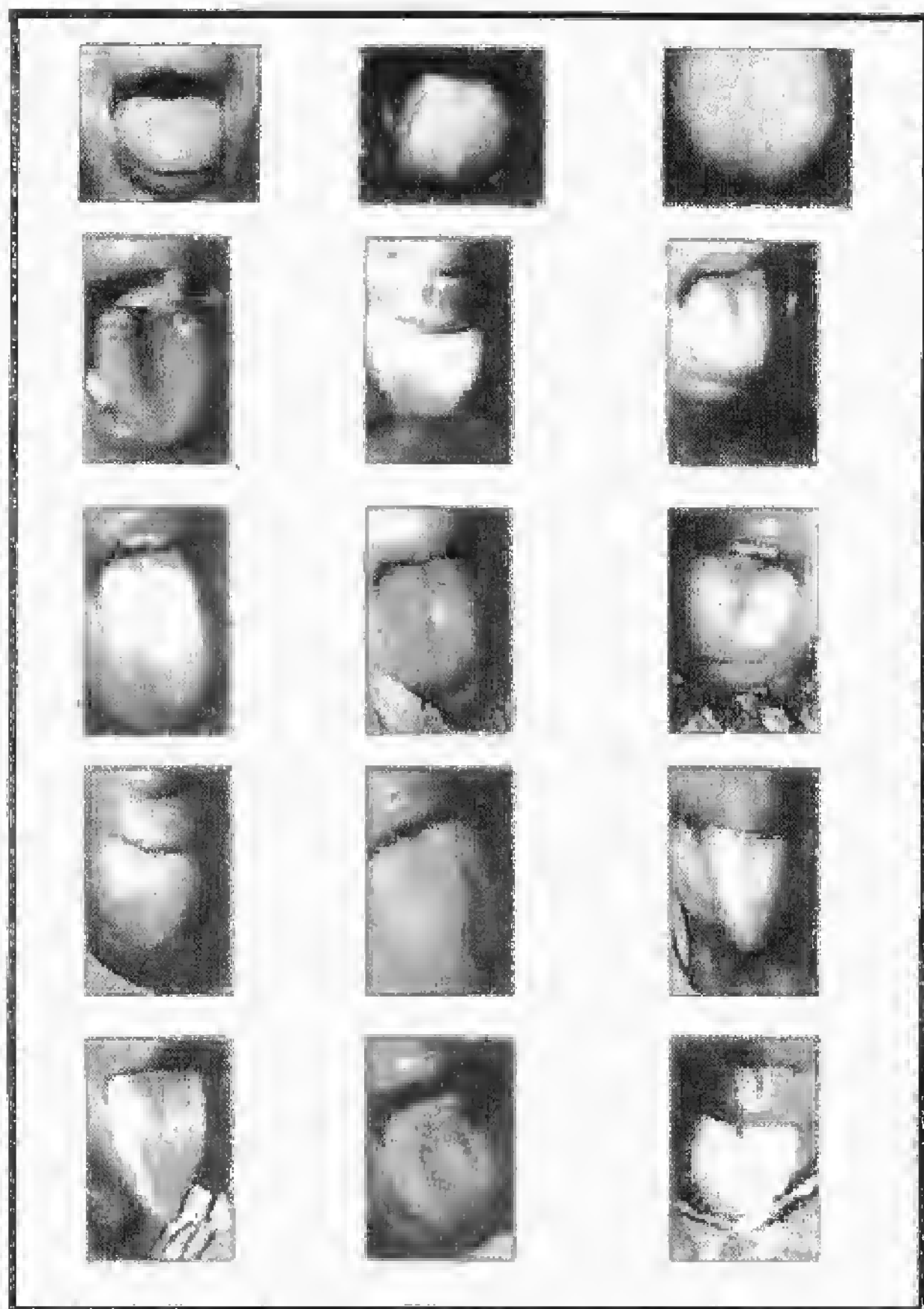


Figure No. 11a

**Tongue Diagnosis in Chinese Medicine:** Colors and the upper surfaces of the tongue should be noted as every color denotes a different diagnosis.

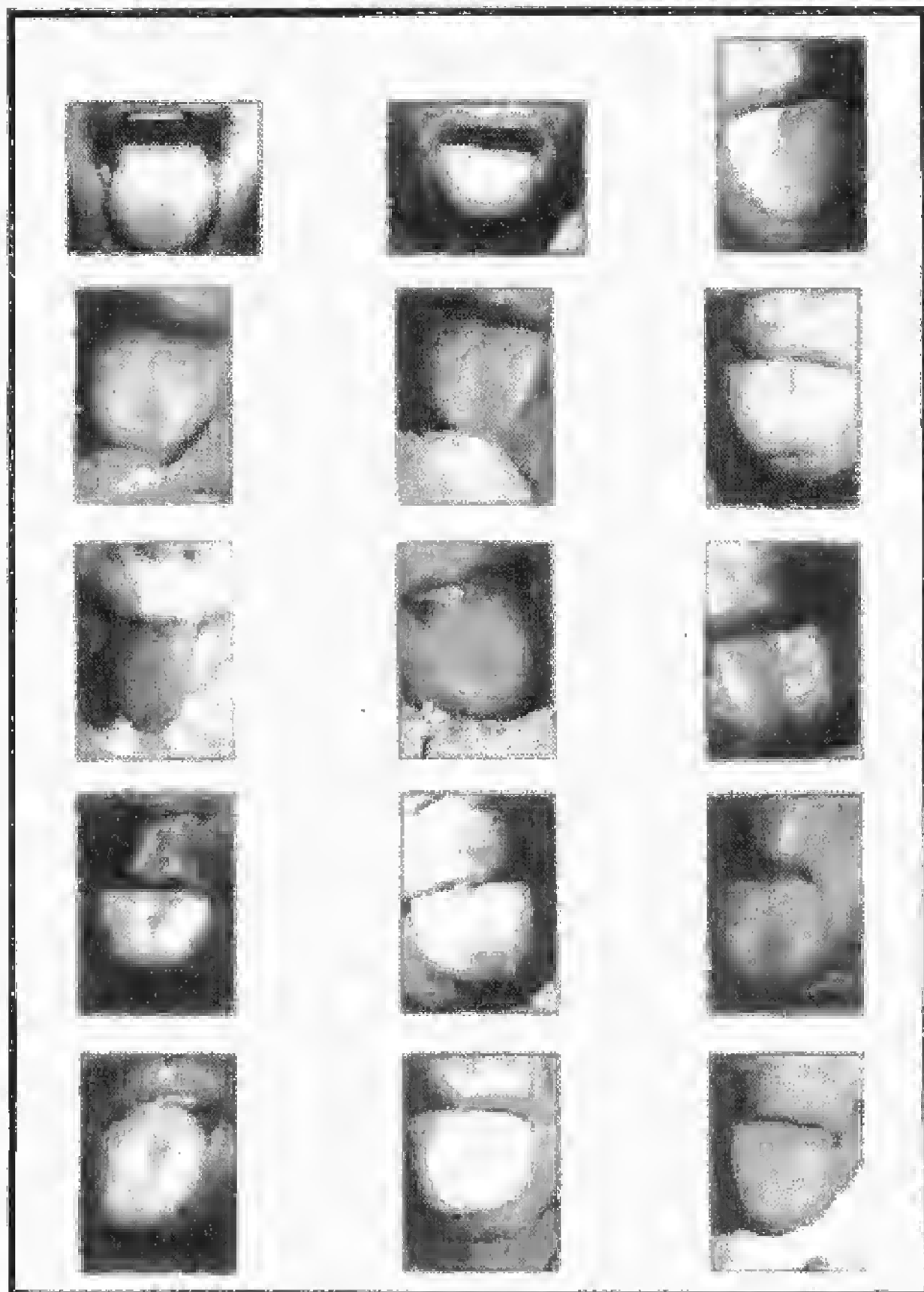


Figure No. 11b

Tongue Diagnosis in Chinese Medicine: Colors and the upper surfaces of the tongue should be noted as every color denotes a different diagnosis.

It is the Qur'an that guides us to the countless secrets of the human body, and it is the Qur'an also which brings its favor upon whoever recites it. One of the bounties of *at-tajweed* (reciting the Qur'an properly) is that it strengthens the muscles of the tongue and helps it pronounce properly according to the rules of Arabic, which has special letters with special phonetic characteristics. Reciting or listening to the Glorious Qur'an has a positive impact on the body; it keeps the balance of the general energy and brings about tranquillity and relaxation. Scientific research has proven that the Qur'an calms the nervous system in 97% of the cases which were subject to tests. Besides, the electrical waves of the muscles became lower after listening to the Qur'an."<sup>1</sup> This may explain the reason behind the great honor and levity that Arabic has over other languages. Not only that, but Arabic is also the language by which inhabitants of Paradise will communicate with each other. There are narrations that urge people to learn and teach Arabic, for example, "Learn Arabic and teach it to others as it is the language of the Qur'an and the language of the people of Paradise" and "Learn Arabic as it enlightens the heart and increases magnanimity."<sup>2</sup>

It is amazing to note that the positions where certain Arabic letters are placed on the tongues coincide with the positions of certain body organs on the tongue. Take for

---

<sup>1</sup> *Majalat al-Ijaz al-'Ilmi*, issue no. 1422.

<sup>2</sup> *Kanz al-'Ummal*, vol. 3, and *Fadl al-'Arabiyyah*, attributed to 'Umar Ibn al-Khattab.



example, the letter "Dad" which is the strongest Arabic letter. It is uttered from both sides of the tongue. Looking at Figure No. (12), one will see that the liver, the vital part in man's body is located also on both sides of the tongue.



Figure No. 12:

The locations of some organs on the tongue sequentially from the tip of the tongue inwards: the heart, the lungs, the spleen, the intestines, and kidneys.

The sides of the tongue include points for the liver and the gall bladder

## Sniffing up and Blowing out Water

While one performs *wudu'*, one is to sniff up water and blow it out; this is one of the recommended acts of performing *wudu'*. It was narrated that the Prophet (Peace and blessings of Allah be upon him) said, "... *And sniff up perfectly unless you are observing fasting.*"<sup>1</sup>

It has been proven that the repeated sniffing and blowing of water that occur during *wudu'* prevent rhinitis and allergies as it strengthens the nasal hair which captures dust and germs and in turn blocks their way to the respiratory system. It also protects the vitality of mucous membranes inside the nose. Blowing out the water, on the other hand, removes any accumulating mucous inside the nose<sup>2</sup>.

In addition to this, the sins fall out along with the blowing of water as the Prophet (pbuh) said,

*"Whoever starts performing Wudu' and sniffs and blows out water, his sins will fall out from one's mouth and nose along with the water."*<sup>3</sup>

---

<sup>1</sup> Reported by al-Tirmidhi, and an-Nassa'i in *Book of Tahara*.

<sup>2</sup> Dr. Zuhair Salih, *al-Istishfa bil-Salat*, Haia'at al-I'jaz al-'Ilmi fi al-Qur'an was-Sunnah.

<sup>3</sup> Al-Albani, *Sahih Al-Jami'*, Tradition 5804.

## The Impact of Wudu' on the Face

Washing the face is one of the obligatory acts of *Wudu'*. Allah, the Almighty, says,

﴿ يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ ... ﴾

(المائدة: ٦)

﴿ O ye who believe! When ye rise up for prayer, wash your face ... ﴾

(Al-Ma'idah: 6)

Rubbing while washing the face during *wudu'* stimulates some points used in acupressure for relieving pains of headache, migraine and sinusitis (Figure No. 13a).<sup>1</sup> Besides, repeated washing of the skin of the face is a natural preventative from the appearance of the wrinkles due to dehydration of the skin.

## The Relation between the Face and Physiognomy<sup>2</sup>

Allah, the Almighty, says,

﴿ سِيمَاهُمْ فِي وُجُوهِهِمْ مِنْ أَثَرِ السُّجُودِ ... ﴾ (الفتح: ٢٩)

﴿ On their faces are their Marks, (being) the traces of their prostration. ﴾

(Al-Fat-h: 29)

---

<sup>1</sup> Dean Richard, *Protecting Health Simply Through Acupuncture and Acupressure*, High Quality Medical Products, Australia, 1991.

<sup>2</sup> Physiognomy is the art of judging human character from facial features and making divination on the base of facial features. (Trans.)

Thus, the face is the actual mirror on which the hidden feelings are reflected and various meanings expressed. It was proven, as such, that genetic factors are but the outcome of the environment surrounding the human being, the food consumed by the person and the connection between the internal organs with the facial characteristics. According to the science of Physiognomy, the face consists of three parts:

1. The Upper Part begins from the top of the forehead until the eyebrows. It belongs to the spiritual and mental levels.
2. The Middle Part starts from the eyebrows to the tip of the nose. It denotes the common senses of man and his creativity.
3. The Bottom Part forms the area between the tip of the nose and the bottom of the chin. This part refers to the physical constitution. For example, if the Middle Part is larger than the other two parts, it indicates that the sensual abilities belonging to this person are more than the other abilities and so on<sup>1</sup>.

Thus, you can identify anyone just through reading his face. It is Allah's inimitability that He has made all the organs of the body reflected in certain points in the forehead and the nose, which are among the parts that

---

<sup>1</sup> Lefas, J. *Physiognomy, the art of reading face*. Industrial Gratica, 1975

prostrate to Allah (Exalted be He)<sup>1</sup>. The Prophet (Peace and blessings of Allah be upon him) said,

*"When a servant prostrates (to Allah) seven organs do that along with him, they are: the face, the palms of the hands, the knees, and the feet."*<sup>2</sup>

This shows that not only the face is in the position of prostration, but also all the other organs submit and prostrate at the same time. (See Figures Nos. 13 b & c).

---

<sup>1</sup> Salim, M., *An Introduction to Acupuncture Treatment and Anesthesia*, Ajoib Stores, 1981.

<sup>2</sup> Reported by Muslim.

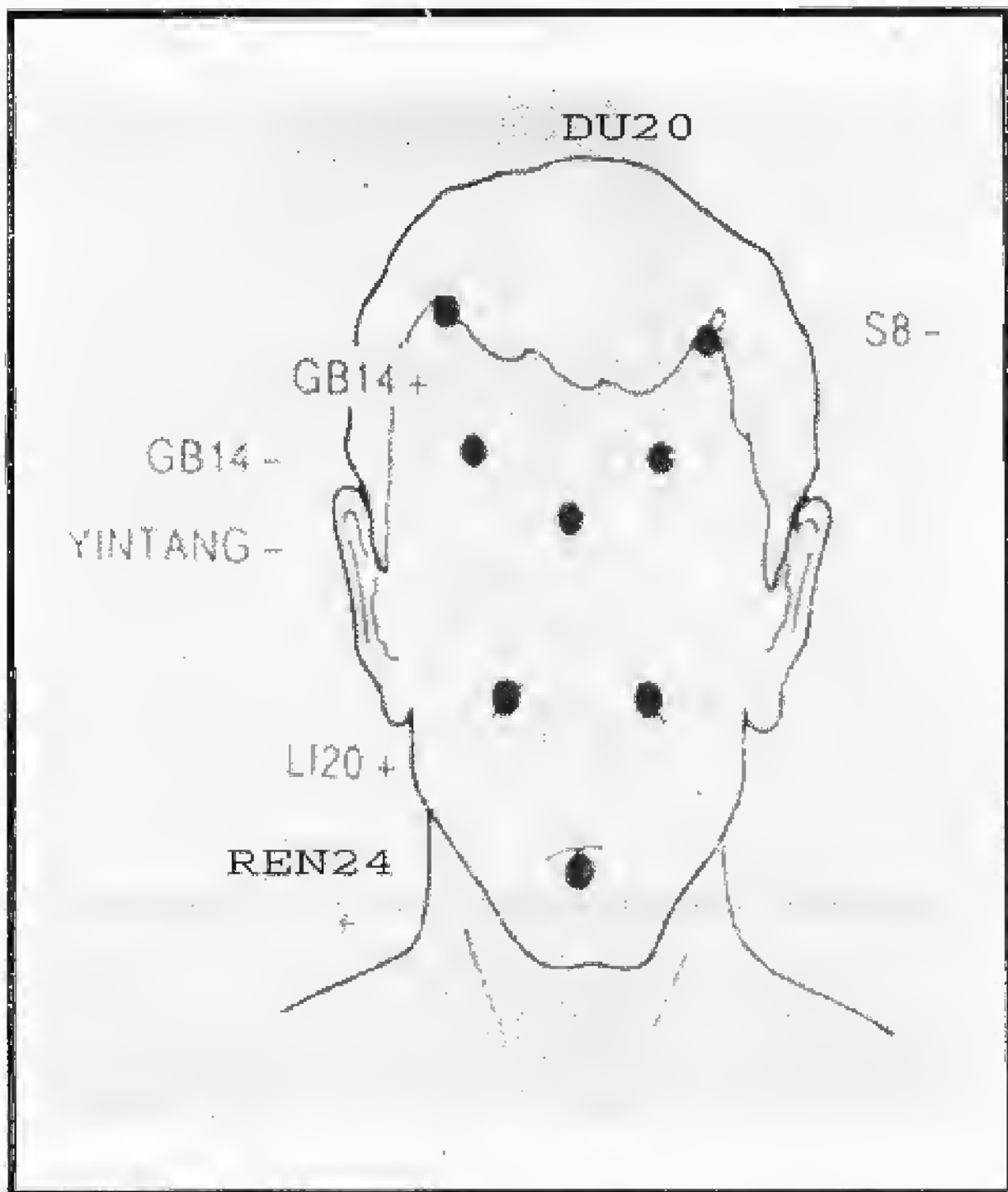


Figure No. 13 a  
Acupuncture points located on the face.

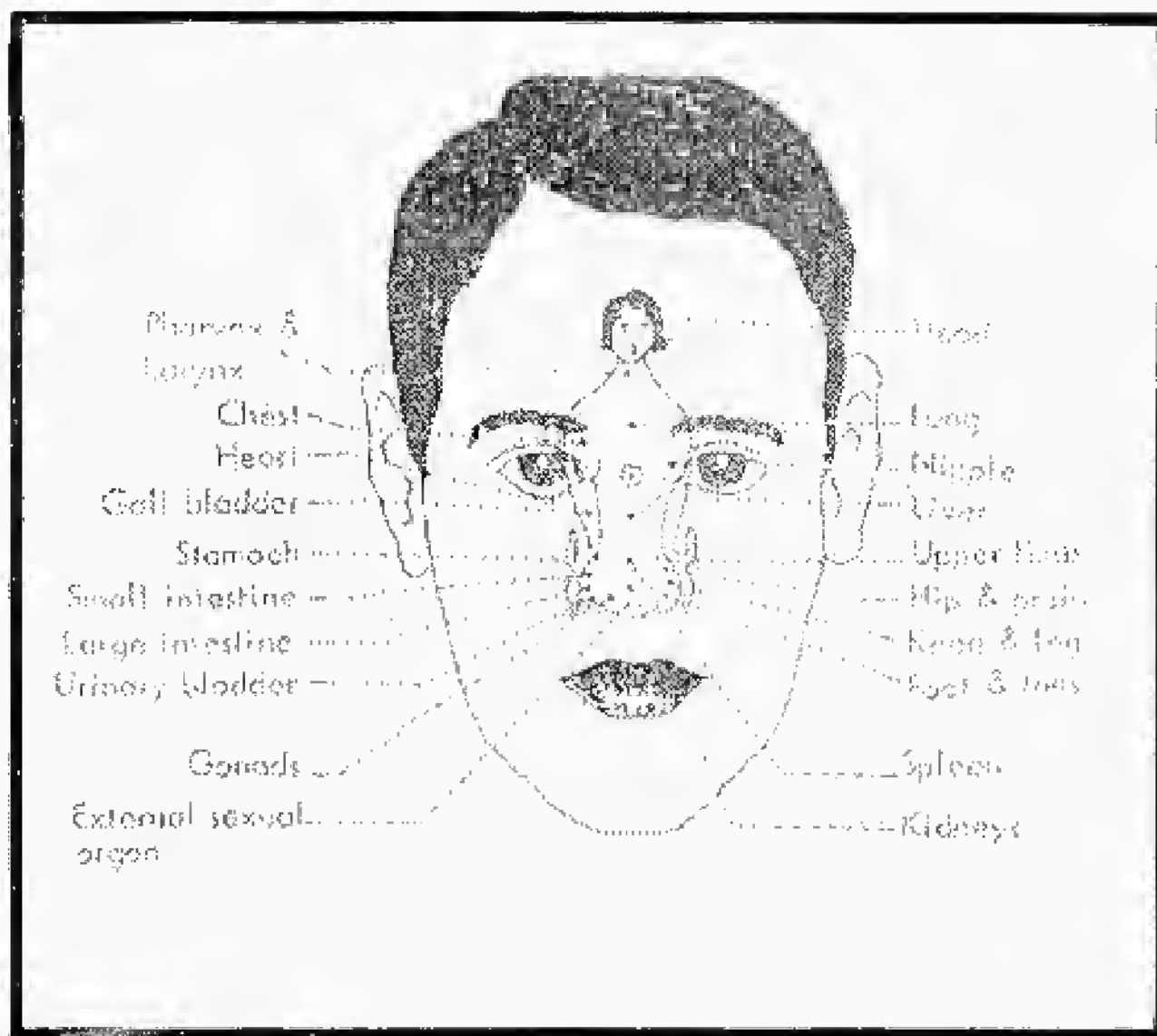


Figure No. 13 b

All organs of the male body as depicted in the areas of the forehead and the nose.





Figure No. 13 c

All organs of the female body as depicted in the areas of the forehead and the nose.

## Washing the hands up to the elbows

It is obligatory to wash the hand from the forearm until the elbow during *wudu'*; this is expressed in the verse that reads,

﴿... وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ ...﴾ (المائدة: ٦)

«... And (wash) your hands up to the elbows ...»  
(Al-Ma'idah: 6)

According to the Chinese Medicine, six meridians or energy channels: the lungs, the large and the small intestines, the heart, the pericardium, and St jao<sup>1</sup> are located in the arms. Rubbing the arms during *wudu'* restores the balance to the energy flow running in the meridians. Furthermore, it has a boosting effect on the immune system stimulating point (Li 11) (See Figure No. 14).

---

<sup>1</sup> Stux, G. & Pomeranz, B. *Acupuncture Textbook & Atlas*. Springer-Verlag, 1997.

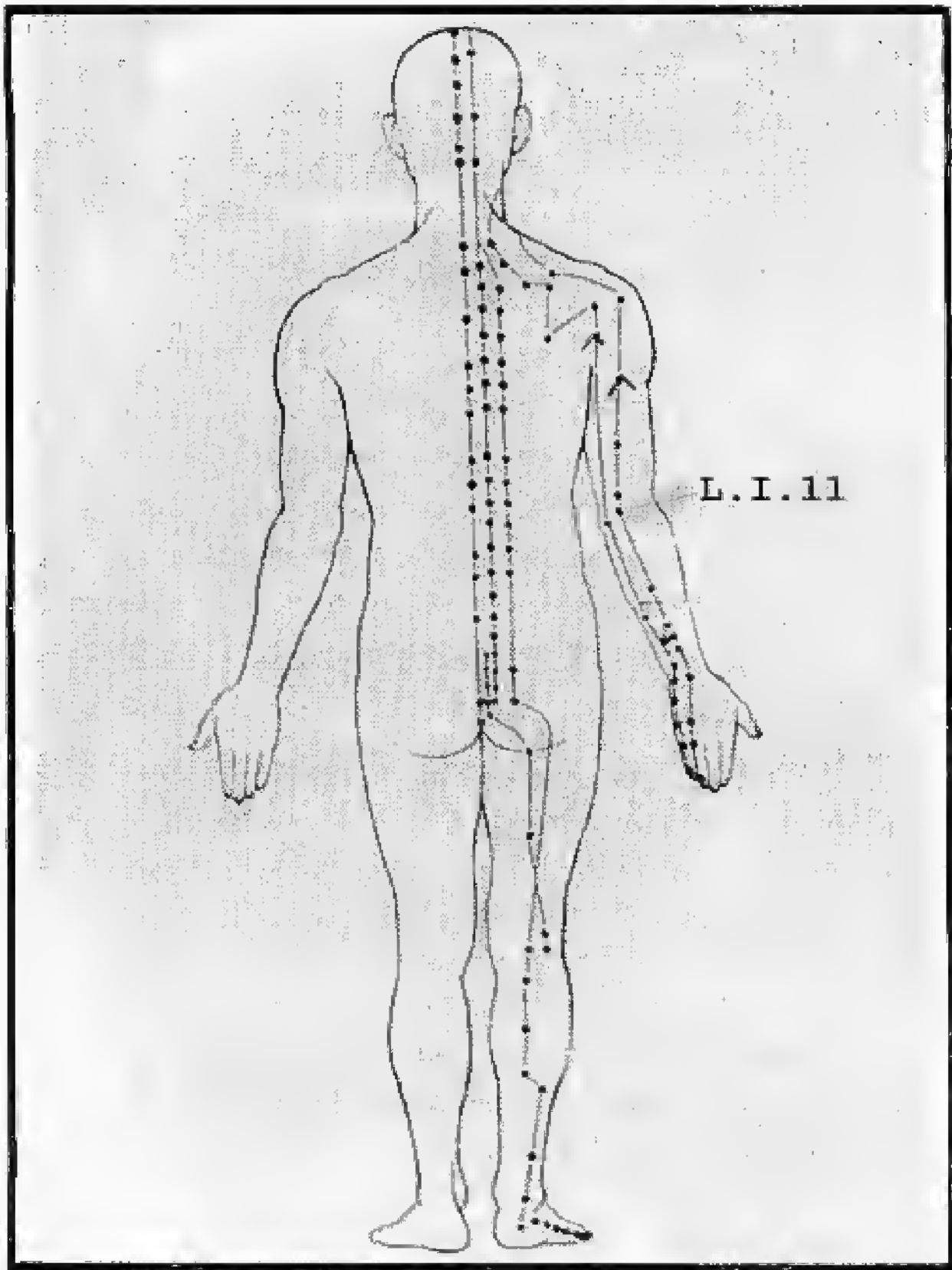


Figure No. 14

Six meridians are located along the two arms up to the elbows.

## Wiping the Head

Allah, the Almighty, says,

﴿ ... وَاَمْسَحُوا بِرُءُوسِكُمْ ... ﴾ (المائدة: ٦)

﴿ ... And lightly rub your heads... ﴾

(Al-Ma'idah: 6)

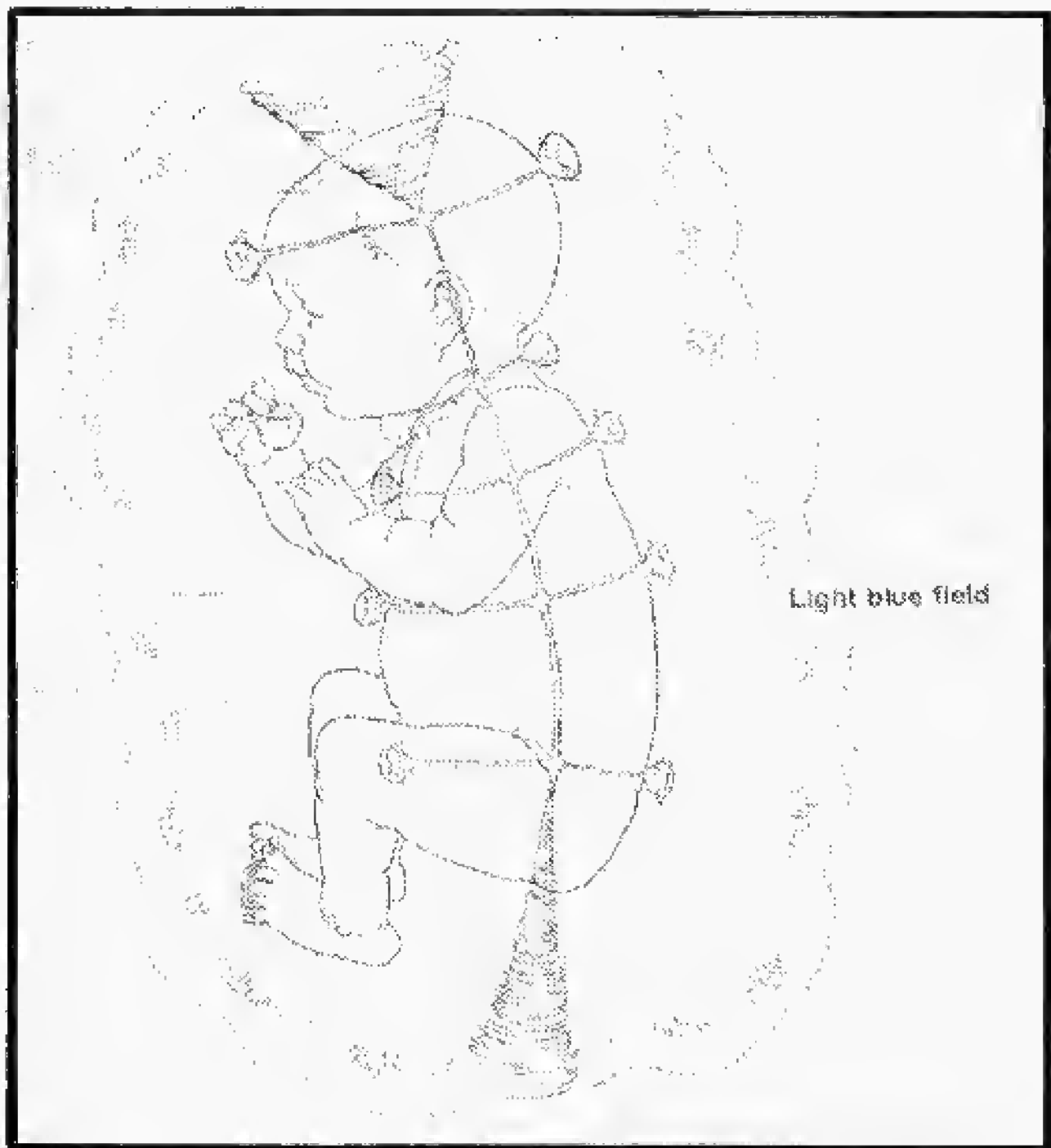
Scholars have various opinions with regards to rubbing the head. The Shafi'i is held that one can rub a few hairs, while Imam Malik and Ahmad maintained that one should rub the whole head back and forth. On his part, Imam Abu Hanifah said, "One has to rub the forepart of the head." This is estimated by quarter according to the Hanafi school of *Fiqh*<sup>1</sup>.

According to Chinese Medicine, the forepart of the head is the location of the Spiritual Chakra 7. When the Muslim stands in his prayer facing the Qibla, his spiritual Chakra becomes receptive to the flow of spiritual energy (See Figure No. 15).

In addition to this, there are some points called "Du 20" whose rubbing induces a balancing and clearing effect (See Figure No. 13a).

---

<sup>1</sup> Wahbah az-Zuhaili, *al-Fiqh al-Islami wa Adillatuhu*, vol. 1, p. 372.



Figuer No. 15

The energy field emanating from a child as well as the seven chakras. The spiritual chakra is bigger in the adults than in babies.

## What is the definition, significance and number of Chakras in the body?

Shedding more light on the Chakra, it could be said that a Chakra is one of the seven centers of spiritual energy in the human body according to yoga philosophy. Chakras are known also as “wheels of light” and are connected with each other through energy channels. These wheels are energy vortexes in constant movement and directly connected with the material body, linked to one another via fine ducts that thrust energy from bottom to top.

They rotate clockwise in the front side and anticlockwise in the back side. They also have a strong impact on the mental and emotional levels. The chakras as mentioned before, are seven in number. These seven vital fields interact producing the general aura of the body. Every chakra affects a special gland of the endocrine glands and a special organ, and has a certain color. The blockage of energy in any of the chakras induces illness. The Chakras are as follows:

- The first Chakra is red. It is related to the earth and belongs to the sense of smell. It is the center of vital energy of the body and belongs to the physical level in the energy field.
- The second Chakra is orange. It is related to water and belongs to the sense of taste, influences the reproductive system and the kidney and is

concerned with the emotional level in the energy field.

- The third Chakra is yellow. It is related to fire, belongs to the sight, and influences suprarenal gland. The third Chakra is responsible for the digestive system and the mental level in the energy field.
- The fourth Chakra is green. It is related to air, and influences the thymus gland. It is responsible for heart functions, blood vessels and the immune system, and influences the thymus gland. The fourth Chakra is concerned with the astral sphere in the energy field.
- The fifth Chakra is blue. It belongs to the hearing, and influences the thyroid gland and the parathyroid gland, and is concerned with the etheric sphere in the energy field.
- The sixth Chakra is light blue. It relates to the unconscious and influences the endocrine glands and the pituitary gland. It is concerned with the celestial sphere in the energy field.
- The seventh Chakra is violet. It influences the pineal gland, the spiritual balance, the nervous system and neurological functions. This Chakra belongs to the spiritual level in the energy field<sup>1</sup>.

---

<sup>1</sup> See the following:

1- Gimbel, Theo. *Form, Sound, Colour & Healing*. St. Edmundsburg Press Limited, 1990.

It is worth mentioning that the energy field surrounding the human body consists of the total number of the above-mentioned seven levels.

It was noted that some exercises of 'Qigong' – one of the oldest methods of treatment in India – maintain the balance of energy in these chakras. It was also noted that there is a similarity between these exercises and some acts involved in performing prayer. For example, when one raises the hands placing the fingers behind the ears and utters *takbeer* (saying “Allah is the Greatest”) to initiate prayer, this act balances the sixth chakra. The position of bowing (*ruku*), prostration (*sujud*), and the sitting position, in between the two prostrations, balance the fifth chakra<sup>1</sup>. As for the Prophet's (pbuh) manner of sitting while having a meal, it balances the fourth chakra.

### Auriculo Therapy and the Ears

The ears are the place wherein all acupuncture points are located. More than two hundred points within the ears are known, that not only belong to hearing but also support all functions of the other organs of the body (See Figure No. 16). It was noted that some parts of the ears respond to any disorder occurring in certain internal parts. The relation

---

2- Ruth, White, *Working with your chakras*, Piakus, 1997.

3- Bruyere, R. L, *Wheels of Light*, Simon & Schustr, 1994.

4- Woodham, A & Peter, D, *Encyclopedias of Complementary Medicine*, Dorling Kindersley, 1997.

<sup>1</sup> Singh Khalsa & Stauth C., *Mediation as Medicine*, Joan Borysenko, 2001.



of the ears and the other parts of the body maintain our sense of transcendent wonder, as the ears are an exact figure of a fetus within the uterus.

Among the pioneers in discovering the significance of the shape of the ear was the French physician Dr. Paul Nogier. Since his contributions in 1950, the Chinese theory for auriculo therapy as a means for stimulating the points corresponding to body organs on the ear was initiated. Through this therapy, either light pressure using the fingers is applied to these points or acupuncture, lazer or electric current is used<sup>1</sup>. Pondering on these pressure methods, we find that it is applied during the process of performing *wudu*<sup>1</sup>, and this is a way of retoring energy balance to all organs (Figure No. 16).

---

<sup>1</sup> Woodham, A.& D. Peter, *Encyclopeadia of Complementary Medicine*, Dorling Kindersley, 1997.



## Washing the Feet

Allah, the Almighty, says,

(المائدة: ٦)

﴿... وأرجلكم إلى الكعبين...﴾

﴿... And wash your feet up to the ankles...﴾

(Al-Ma'idah: 6)

Chinese Medicine proved that rubbing the feet and the ankles stimulates the energy of some specific parts of the body and it has a sedative property. For example, rubbing the toes is a preventive way to avoid peripheral neuritis and toe infection. Furthermore, rubbing the area near the ankles restores the balance of the energy of the vertebral column points UB 60, the genitals points UB 61, general sedative points UB 62. Some have general sedative properties (ST 44) and others stimulate the liver (LIV 3)<sup>1</sup> (See Figures Nos. 17, 18 a, 18 b, and 19).

---

<sup>1</sup> Cheng Xinnong, *Chinese Acupuncture & Moxibustion*, vols. 1 and 2, Foreign Language Press, 1996.

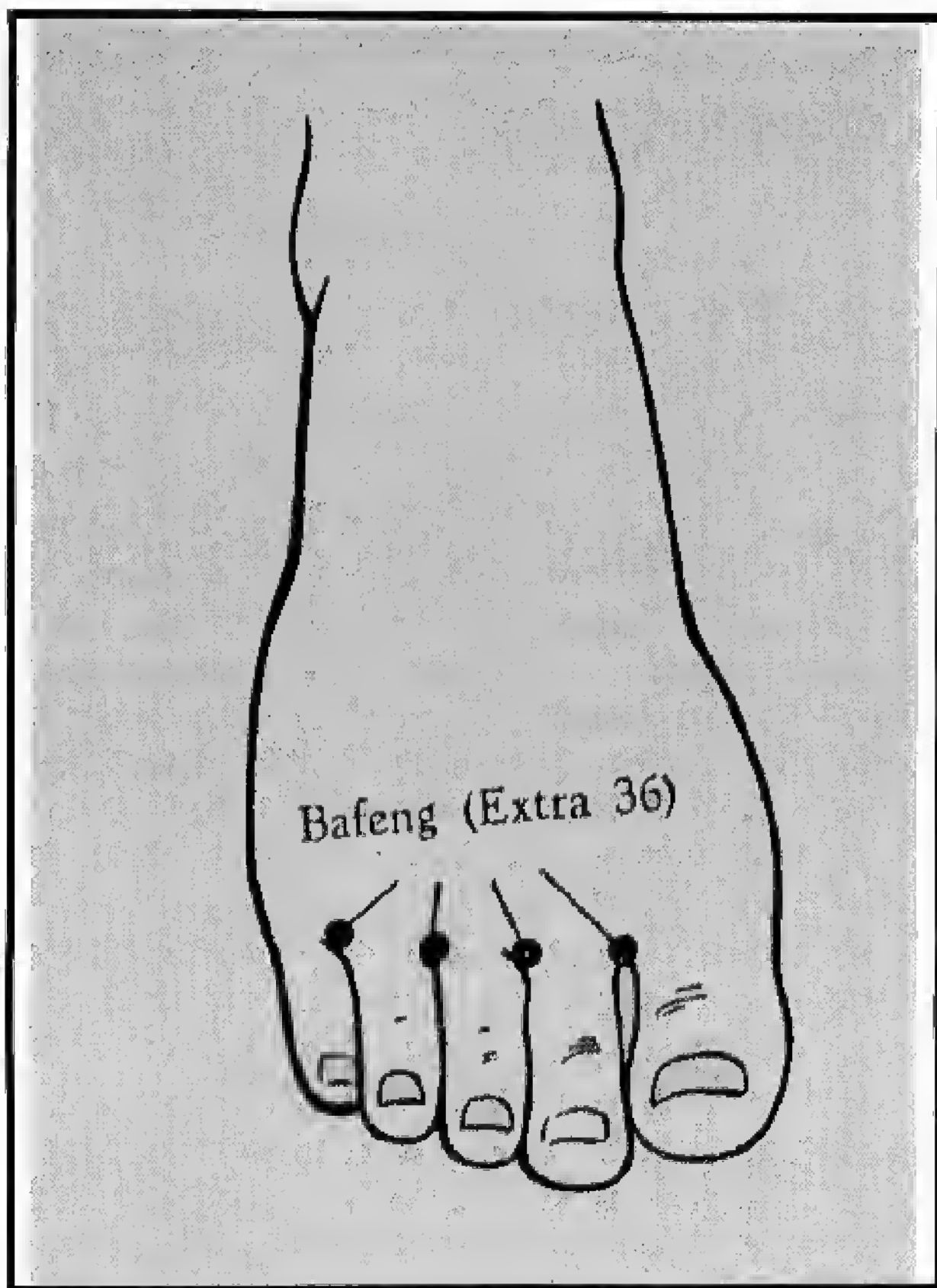


Figure No. 17

Acupuncture points located on the feet in between the fingers Extra 38.

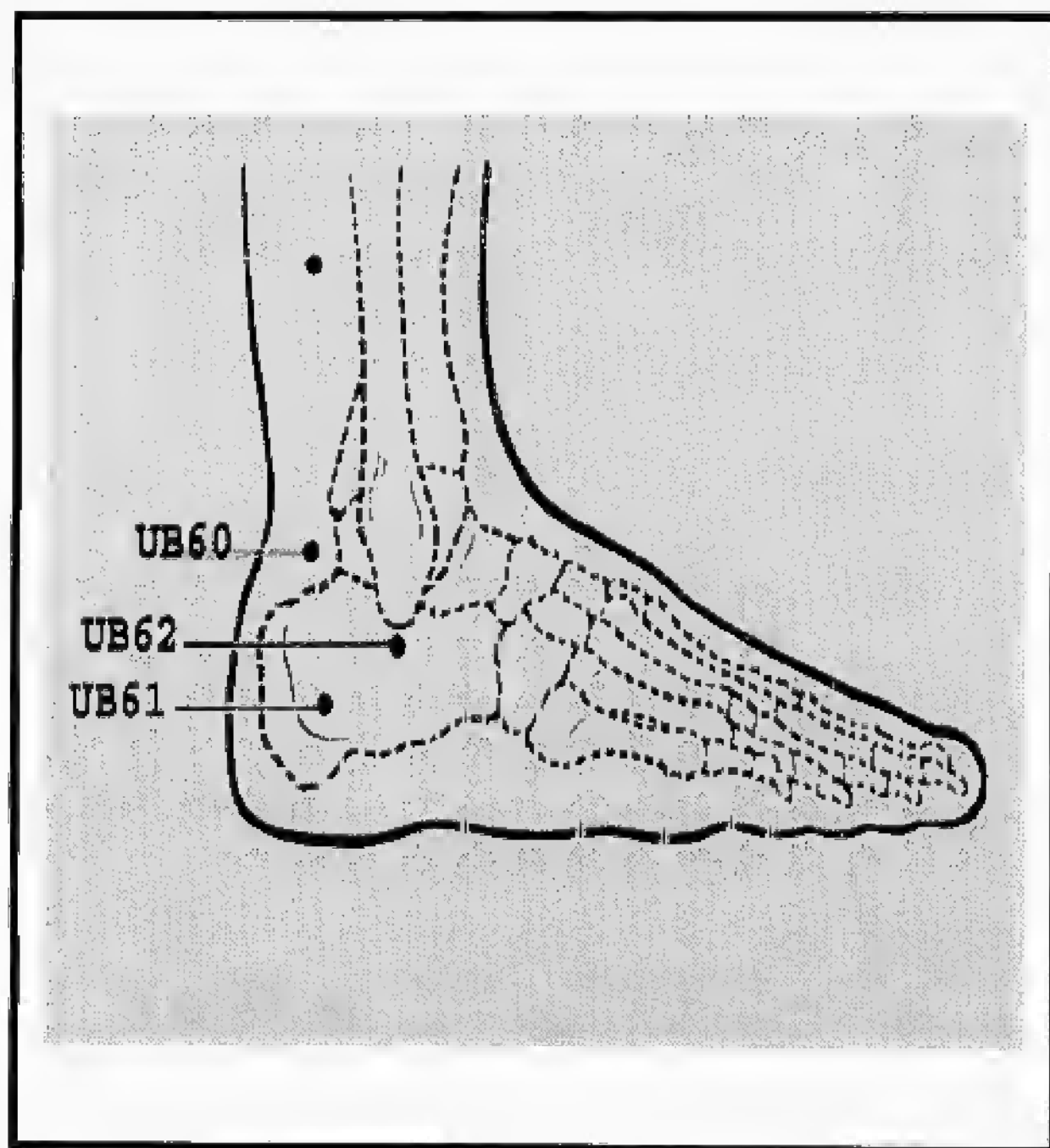


Figure No. 18 a

The acupuncture points located near to the feet.

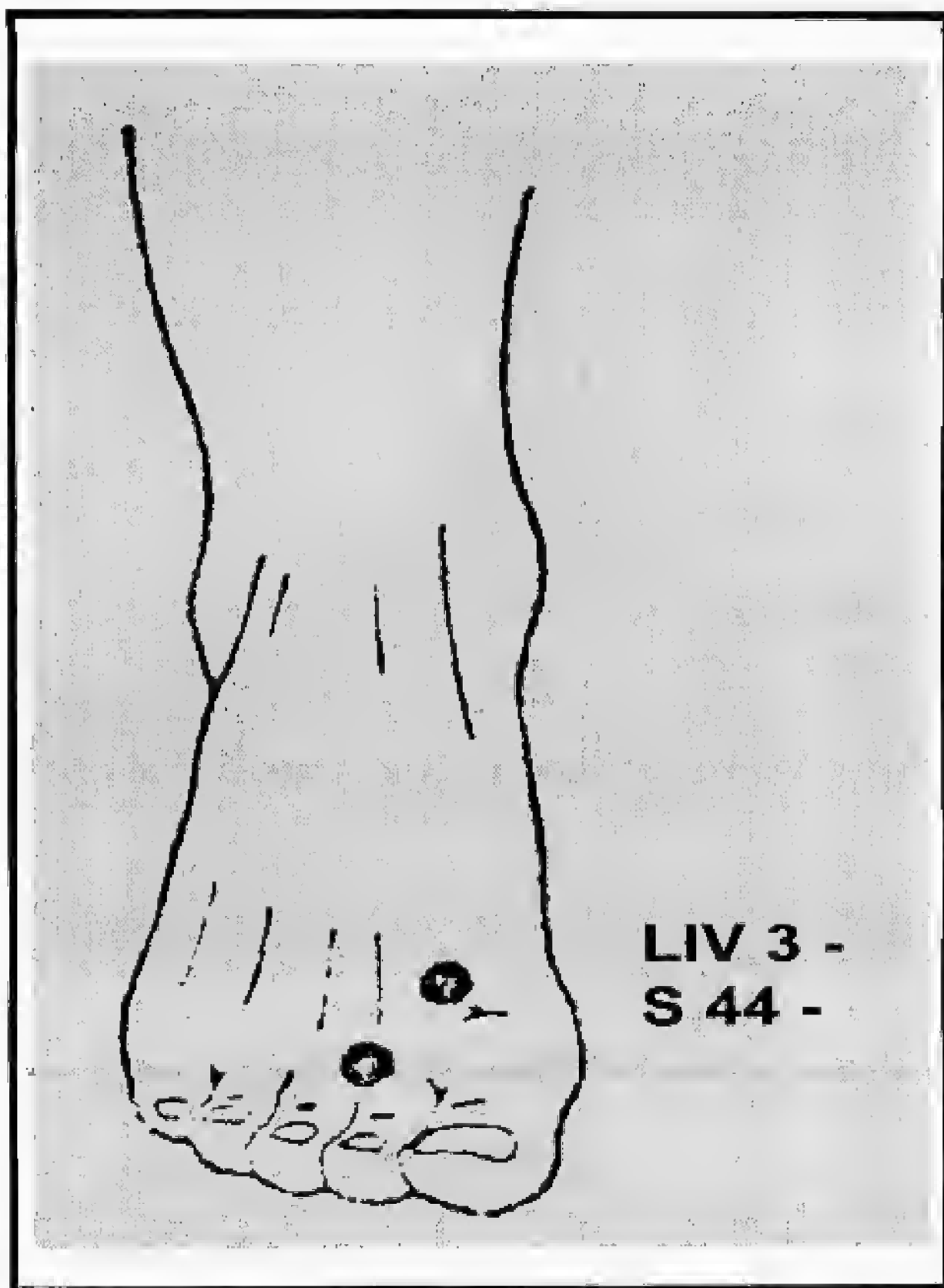


Figure No. 18 b  
The acupuncture points located near to the feet.

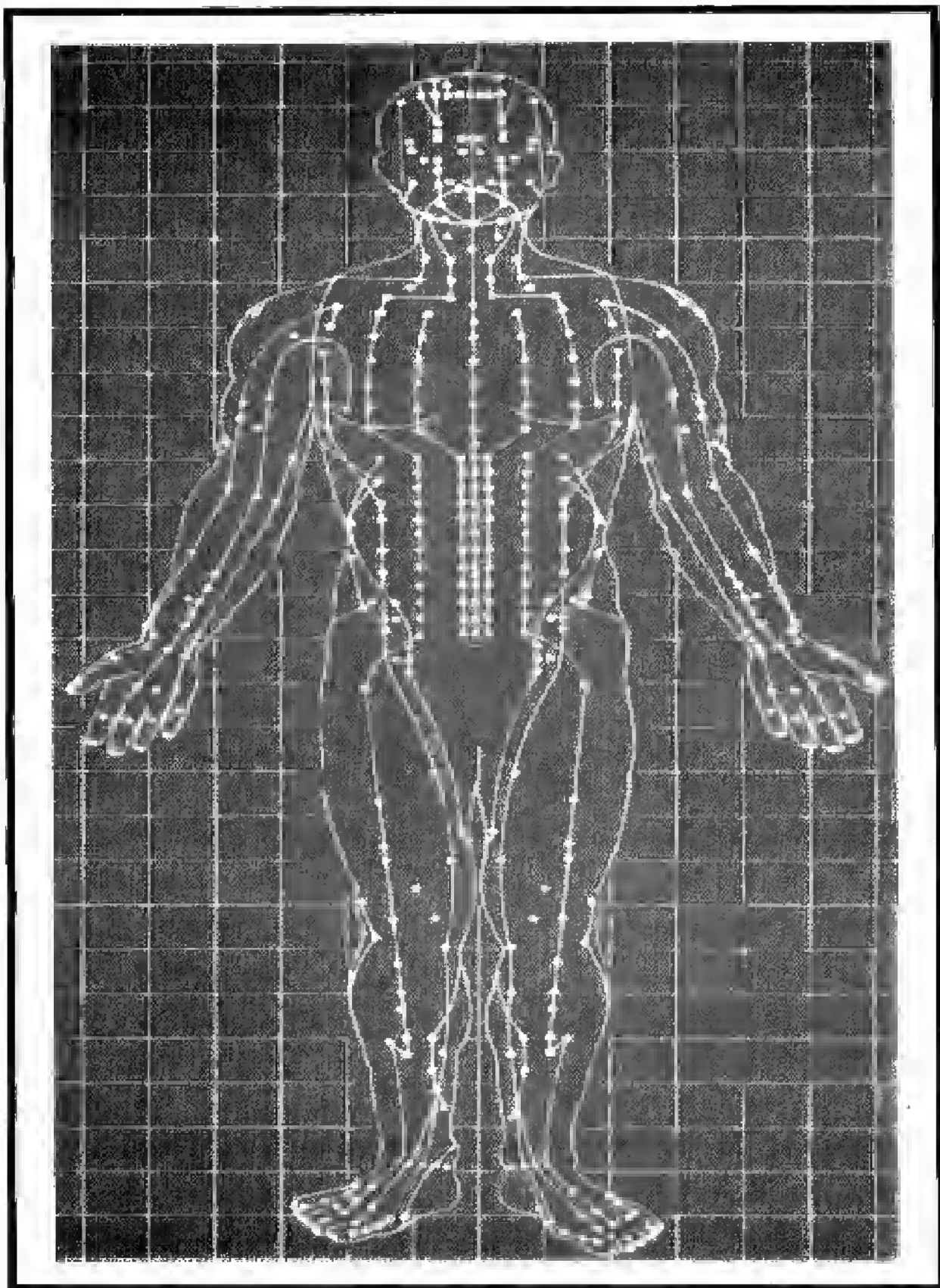


Figure No. 19

The anterior and posterior meridians through which the energy flows.





## Washing

This word means pouring the pure water over the whole body.

Performing *wudu'* before washing is *sunnah* and it is regarded as a kind of stimulating the organs before pouring the water.

This process is one of the main bases of hydrotherapy. Actually, rubbing one's body is regarded as a massage for the fourteen Meridians of the body. It restores the balance to the flow of energy along these meridians. Besides water of washing helps to clear the negative energy of envy. Thus, the Prophet (Peace and blessings of Allah be upon him) said,

*"The influence of an evil eye is a fact; if anything would precede the destiny it would be the influence of an evil eye, and when you are asked to take bath (as a cure) from the influence of an evil eye, you should take a bath."<sup>1</sup>*

---

<sup>1</sup> Reported by al-Bukhari and Muslim.

## Conclusion

There is no doubt that Allah has granted us countless bounties that we can never show enough gratitude for. Islam is the greatest of these bounties and prayer is one of the pillars of Islam, rather it is the most important pillar.

*Salah* has been established to help us remember Allah and to bring us closer to Him. It takes only a few minutes but it influences our whole life. When we begin *salah*, we set aside every thing from our life as we are in the presence of our Creator. One of the prerequisites of *salah* is performing *wudu'*. Thus, it is worth stressing here to mention the previous merits of *wudu'* and the miraculous aspects of it, so as to reveal its value to the Muslims who as yet have failed to appreciate its positive impact on them.

I hope that I have managed to achieve this goal and deliver the message of Islam through my own field of knowledge.

Magda Amer

Cairo-2002





# The Secrets of Ablution

- Wudu' is a key to Paradise. It is a light both in this life and in the Hereafter. In this life, the effects of Wudu' prove to be a light on one's face, and calmness within one's heart. Furthermore, Wudu' renders life an oasis of tranquility and an endless fountain of certitude. On the Day of Judgment, Wudu' would distinguish the followers of the Prophet (Peace and blessings of Allah be upon him) as it would guide him to know those who followed him without ever having seen him. Once some of the Companions asked the Prophet, (Peace and blessings of Allah be upon him), "O Messenger of Allah! How could you recognize those who have not yet come?" The Prophet replied, "Suppose that there is a man who had horses with white blazes on their foreheads and legs among horses which were all black, would he not recognize his own horses? They said, "Certainly, he would, O Messenger of Allah!" He said, "They would come to my Cistern with white faces, arms, and legs owing to ablution."
- Wudu' is a gift from Allah to His servants by which they get rid of their sins and misdeeds and ascend to a higher rank in front of Allah. By virtue of Wudu' a Muslim prepares himself to stand before Allah, Who alone knows the unseen. In this book, the author shows the miraculous nature of Wudu' from the point of view of Alternative Medicine. She proves that Wudu' is more than material cleanliness; rather, it provides human body with the so-called life-energy.
- **Dr. Magda Amer** was born in Egypt. She has dedicated her life to acquiring knowledge. She excelled in the field of science. After two masters & a Ph.D. in biochemical analysis from 'Ain-Shams University in Cairo, she read for a diploma in cyto-histology at Cochin Port Royal University, in France. She has been appointed as fellow of laboratory analysis in 'Ain-Shams University Hospital & lecturer of Immunology. She holds an international certificate in Homeopathy (LICH) & studied numerous naturopathic sciences including Acupuncture, Reflexology, Herbal treatment, therapeutic Cupping, Aromatherapy, Iridology, Kinesology color therapy... etc. She also dedicated a significant part of her time to Da'wah. She holds a B.A in Islamic law from Al-Azhar University. Herewith, she is licensed to deliver Islamic lessons in mosques. Her previous education entitles her to utilize her scientific knowledge in the service of Da'wah.



Al-Falah is an institution devoted to developing a better understanding of Islam among all people of the world, Muslims and non-Muslims. Of all religions, Islam is the most maligned and misunderstood in the region which dominates the "Age of Information" - the West. Though Oriental Studies have long been established in European and American universities, real Islam has seldom been presented to the world. Our aim is to clear the way for a fair appraisal of the fastest-growing religion in the world; Islam.